Norman Rockwell Anniversary Issue

THE SATURDAY EVENING POST

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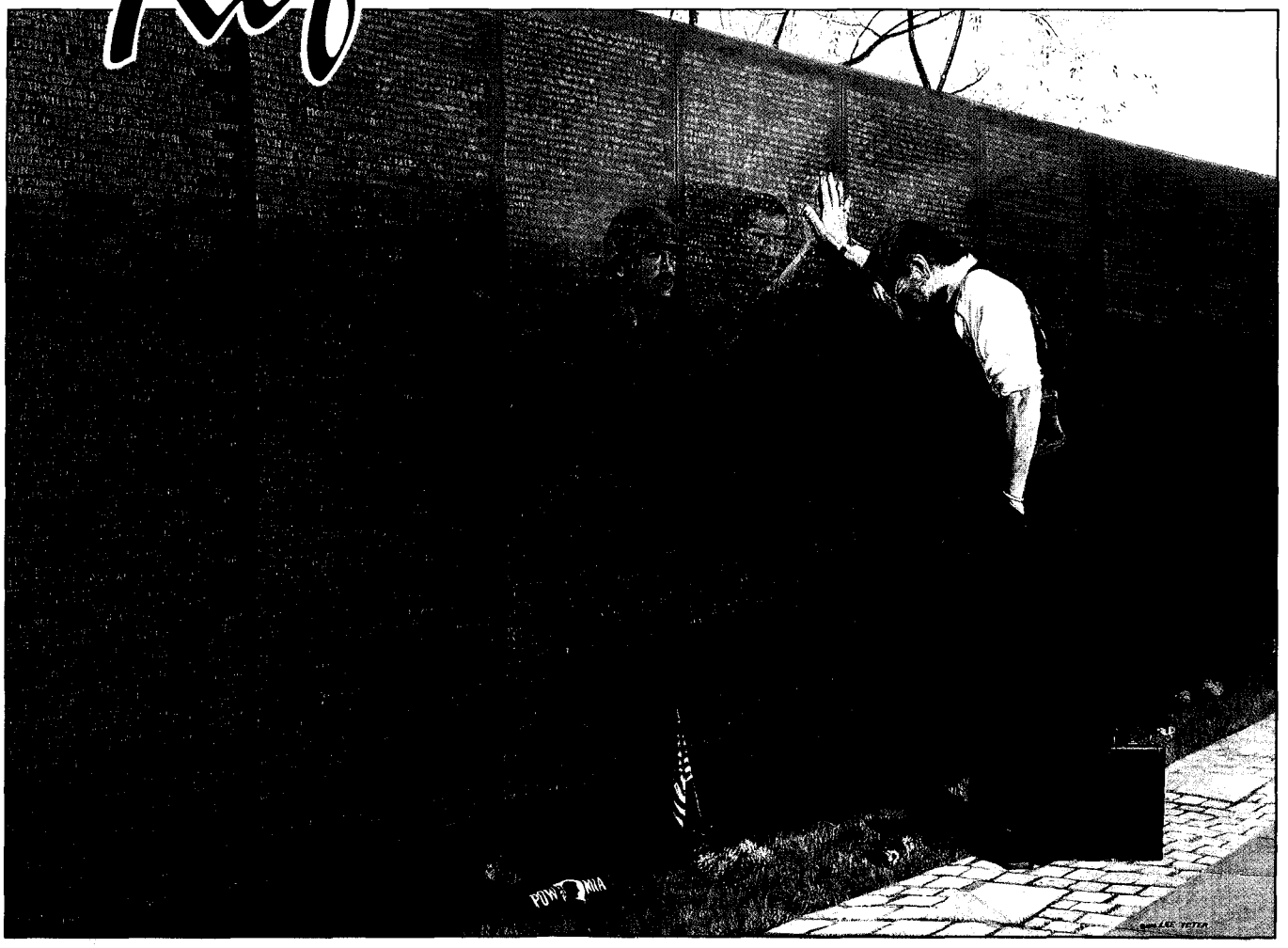
by Lee Teter



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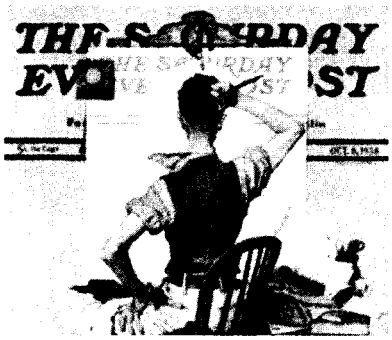

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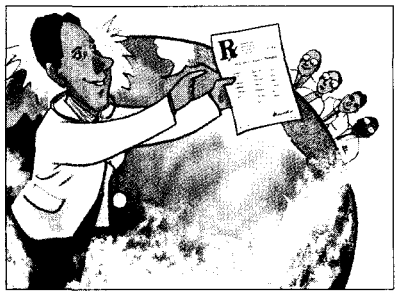

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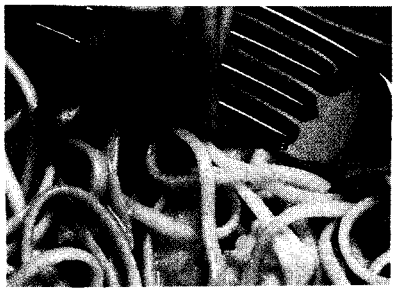

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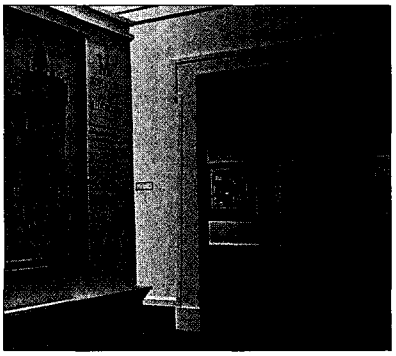

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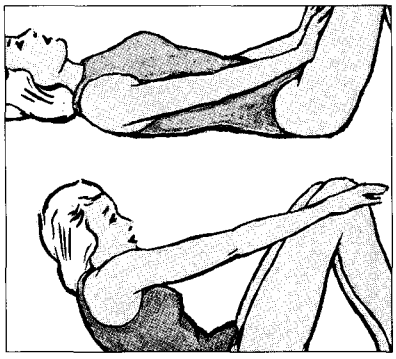

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Letters

Crohn's & Colitis In-Depth Report

I would like to compliment your staff on the excellent and extensive coverage that was given to Crohn's and colitis in the Jan./Feb. '94 issue.

I am a state officer of the Minnesota Auxiliary Fraternal Order of Eagles, which is comprised of 50 individual lodges. In 1989, a resolution was passed on our annual convention floor to sponsor Crohn's and colitis as one of our charities. Since the resolution originated out of my local auxiliary, I was given the opportunity to serve as the charity chairman from 1989 to 1993. Some of the auxiliaries are small and cannot afford large donations and may only contribute $10-$25, whereas others made sizeable contributions up to $500. All total in those four years, we contributed $13,715 for this most worthy charitable cause.

The Fraternal Order of Eagles will only sponsor a charity with the stipulation that 100 percent of their donations be used for research. Since there is yet no known cure (or cause) for this disease, it is imperative that research continue.

With Mary Ann Mobley crusading for Crohn's and colitis and the awareness you have brought to the public throughout the nation of this disease that affects thousands of small children and teenagers, hopefully it will alert other organizations and individuals to support the CCFA.

Marcella Enghausen
Minneapolis, Minnesota

I am writing to congratulate you on an excellent article dealing with inflammatory bowel disease. Your interviews with Mary Ann Mobley, as well as the physicians, highlighted the problems faced by adults with inflammatory bowel disease. I was very touched by the story of Charlene Comstock, who died at age 17 from ulcerative colitis. Unfortunately, this outcome was not balanced by discussions with pediatric gastroenterologists who care for many children who live with inflammatory bowel disease. About 10-20 percent of patients with inflammatory bowel disease have onset in childhood, and they represent a significant number of individuals who live with this chronic disease all their

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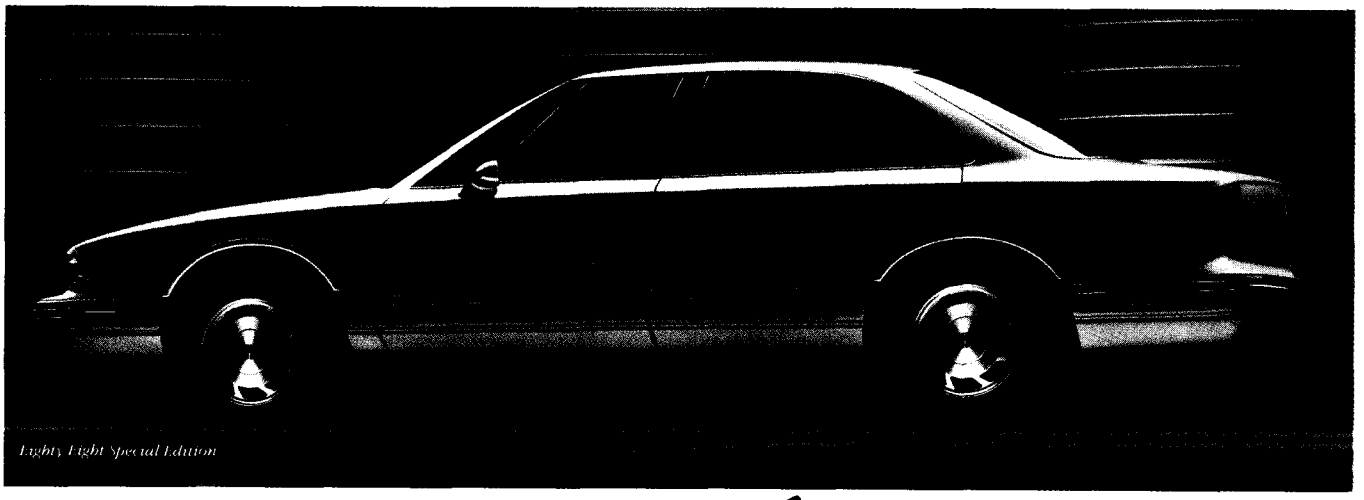

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lives. Hopefully, in subsequent reports, you will be able to highlight the positive aspects so that children and families living with IBD will understand that hope exists not only for adults but also for children.

Thank you again for choosing to write about inflammatory bowel disease which, because of the nature of the illness, has resulted in children and adults remaining silent about the problems they face.

Harland S. Winter, M.D.
Associate Professor of Pediatrics
Director, Pediatric Gastroenterology & Nutrition
Boston City Hospital
Boston, Massachusetts

I recently read the Jan./Feb. '94 issue of *The Saturday Evening Post*. I've suffered from Crohn's disease for the past 16 years, and until now, I haven't found anyone who has put forth as much effort as your magazine to bring public attention to this disease.

I can't thank you enough for what you are doing toward bringing this disease closer to a cure. Your concern and dedication to learning more about the causes of Crohn's and colitis has given me new hope toward a brighter future. Thank you so much!

Tony Allison
Indianapolis, Indiana

I found your articles on Crohn's disease and ulcerative colitis most informative. A nurse who was on the floor in the hospital where I was recovering from a colectomy-colostomy gave me a copy of the February issue of *The Saturday Evening Post*.

I am hoping at some time in the future that my surgery will be reversed. However, in the meantime, having a colostomy is easier to deal with than worrying about getting to the bathroom in time. It is also comforting to know that many other people have the same condition to deal with as I do.

I am also looking forward to the end of my recuperation, and I am ready to live my life, go back to work, and take care of my family.

I missed the Sally Jessy Raphaël program on Crohn's disease. Fortunately, I did not miss these articles.

Sally Barksdale
Springfield, Ohio

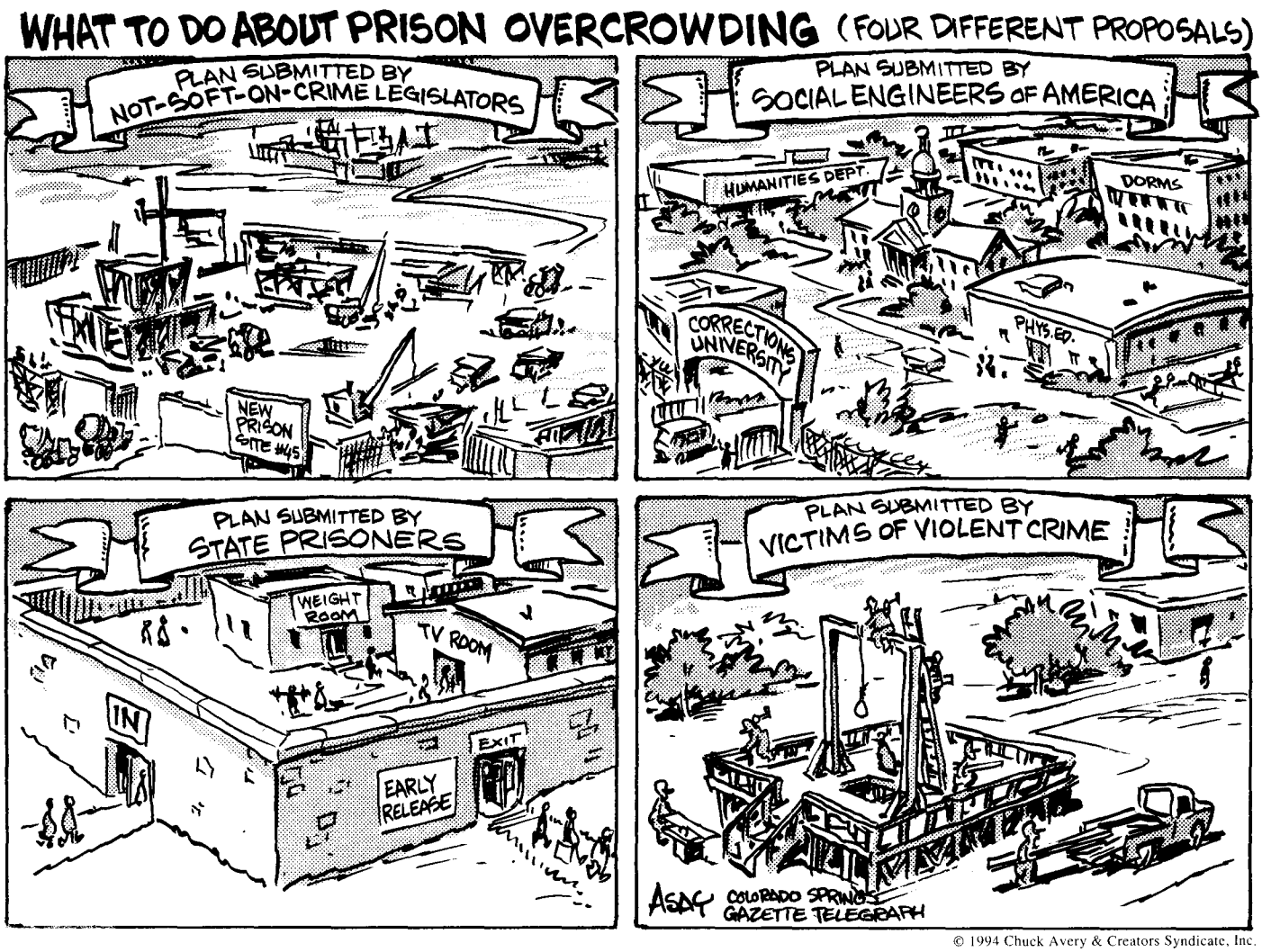
Letter to Mary Ann Mobley

Dear Mary Ann:

I just finished reading your interview in *The Saturday Evening Post*, and I wanted to write and say thank you for all the work you are doing for us. I especially appreciate your comments on how we may appear healthy, but actually be so sick.

I am 35 years old, and my Crohn's disease was diagnosed 14 years ago. Like you, I have decided not to be bashful about my disease. I had a resection in August of 1993 because of an obstruction and since then, I've decided not to be ashamed anymore. My symptoms are better now, but the disease is still evident.

I am married and have three children, ages 16, 14, and 11. My family



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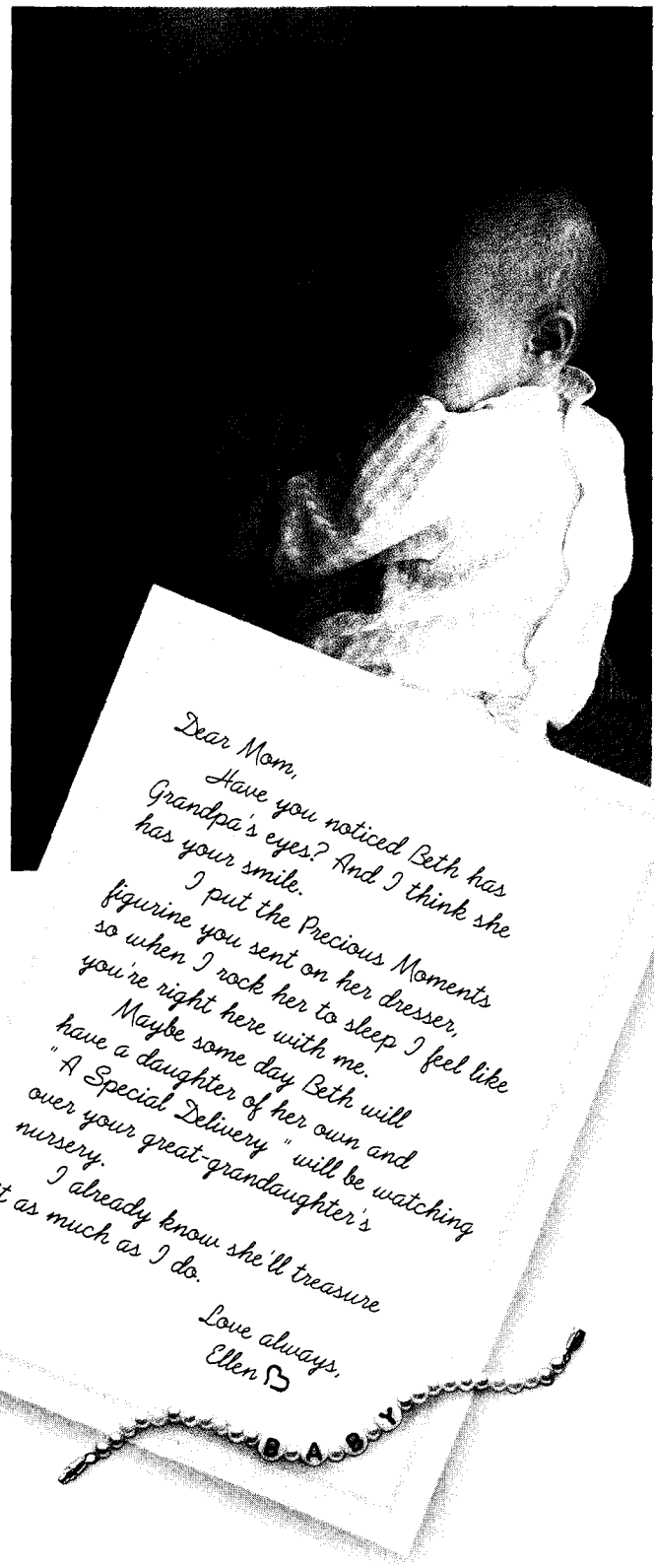
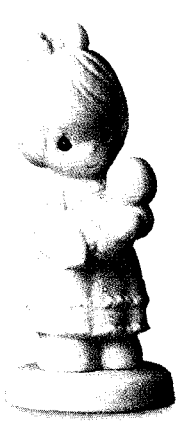

Dear Mom,
Have you noticed Beth has Grandpa's eyes? And I think she has your smile.
I put the Precious Moments figurine you sent on her dresser, so when I rock her to sleep I feel like you're right here with me.
Maybe some day Beth will have a daughter of her own and "A Special Delivery" will be watching over your great-grandaughter's nursery.
I already know she'll treasure it as much as I do.
Love always,
Ellen
B A B Y



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has become more understanding, but sometimes they get impatient with me. My kids are very involved in sports and other school activities, and it is sometimes hard for me to travel to their events because I cannot be far from a rest room. My daughter is disappointed that I cannot chaperone school trips because there is not a rest room on a school bus. Naturally, this really gets me down sometimes.

I am very interested in the vitamin therapy you mentioned. I would love to have more information on that if you could possibly write me back. Again, I mainly wrote to say thank you for your outspokenness. God bless!

Beverly Autrey
Franklin, Texas

A Helpless "Cliptomaniac"

I admit to being a "cliptomaniac." When my magazine arrives, I immediately clip the cartoons and separate them to pass along to people who will enjoy them, too.

Special thanks to you for not printing reading matter on the backs of the cartoons to be spoiled.

M.S. Longdon
Daytona Beach, Florida

Preposition Deposition

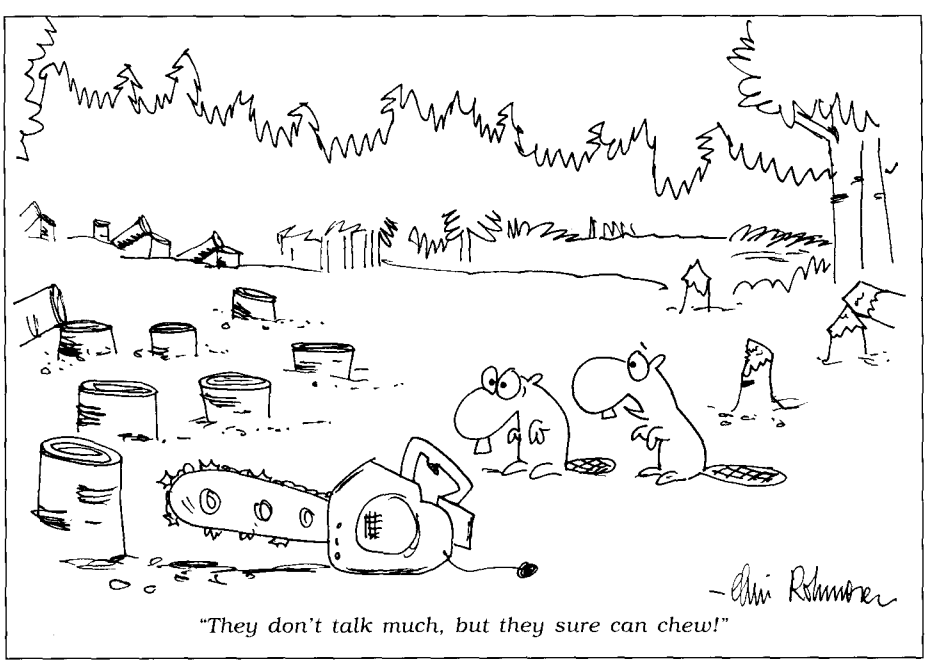
I, too, enjoy Wen Smith's articles on our use and nonuse of proper English. In my school days, I excelled in English grammar, but in recent years have fallen into some bad habits. Thank you for having him remind us of our carelessness.

The "Prepositional Humbug" was quite amusing. His closing sentence reminded me of a prepositional story I heard in the late 1950s:

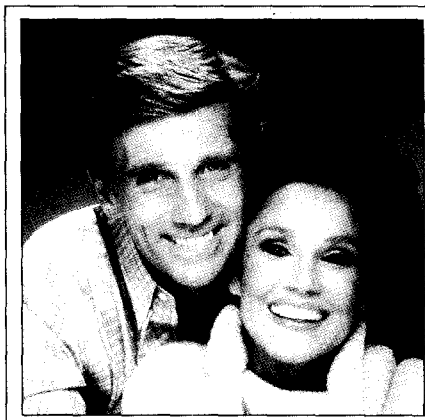
A little boy couldn't go to sleep one evening, so he called for someone to bring a book upstairs and read it to him. As soon as the reader started reading to him, he interrupted and exclaimed, "Why did you bring that book that I don't like to be read to out of up for?"

Yes, Mr. Smith writes very well, but if it weren't for his wife's input, where would he be *at*?

Dorcas M. Beam
Lincoln, Nebraska



"They don't talk much, but they sure can chew!"



The Saturday Evening Ball

The 2nd Annual Saturday Evening Ball to benefit the Crohn's and Colitis Foundation of America has been re-scheduled to Saturday, June 18. Mary Ann Mobley, her husband, Gary Collins, and their daughter, Clancy, will be guests of honor at the dinner-dance.

Come to the Ball! Help us raise money for a worthy cause while enjoying an evening of camaraderie, healthy food, and dancing. For more information on the Ball, contact the Crohn's and Colitis Foundation of America, 1-317-848-0201.

Another Alternative to Burial

Your story relative to cremation was informative and an eyeopener for many, I am sure.

In my opinion, a more practical and economic solution is organ donation (i.e., the entire body) to a teaching hospital.

Researching human reaction on animals, while instructive and worthwhile, pales in comparison—medical students working on human remains is more logical.

Simon C. Gascoyne
Kinnelon, New Jersey

And It Tastes Great, Too!

The March/April '94 article, "Saving Your Skin," by Mark Smith was

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very interesting.

One application with "oatmeal sponge" relieved my itching ankles. I've decided such a sponge would be a good facial treatment.

Mrs. G. B. Breedlove
Warren, Indiana

Speaking Out on the "Post-Abortion Syndrome"

My work in psychiatry since 1945 through my patients, discussions with colleagues, and the psychiatric literature has given me sad familiarity with the complications of abortion.

Yes, there *was* a post-abortion syndrome, but no more. It was a result of the factors present in earlier years. Abortion was an illegal procedure fraught with the shame of participating in a criminal act.

The abortionist was often a nonphysician; if a physician, he was too often in the dregs of the medical profession. The locale of the procedure was shabby and traumatic. Complications requiring hospitalization, major surgery, and sterility were common and a shaming experience. The pregnancy itself was usually illegitimate, with the accompanying guilt, anger, and feelings of betrayal. Yes, we would see women with persistent depression, devaluation, and haunting memories of their experience. They were difficult to treat.

However, as various states made abortion legal, and especially after Roe-Wade, the causes of the syndrome were eliminated. It is the consensus of the psychiatric profession that the "post-abortion syndrome" does not exist. What a change I have seen in women with problem pregnancies since abortion became legal, under good medical conditions, and with support groups! It became an opportunity to regain control over their lives and in decency.

Unfortunately, those who would turn the clock back are resorting to tactics such as trying to portray as "baby killers" those who want to salvage their lives through a legal medical procedure, or to frighten them with the chimera of "post-abortion syndrome."

As a society, we must recognize that the real divisive issue in the abortion controversy is one's belief in when the product of fertilization of an ovum becomes a human being: at conception, at quickening, at viability, or at birth. All arguments pro- or anti-abortion are based on one's premise of that belief—one about which we may honestly debate. As Christians and as Americans, we must respect and defend the rights of others to hold beliefs other than our own.

DeWitt Brown, M.D.
Indianapolis, Indiana

"Betty, I don't have good days. I create good days."

Triple Self-Portrait

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Another Winning Limerick

This is just a note to thank you for choosing my limerick for the "Can you name this picture?" contest in the Jan./Feb. '94 issue and for the $100. It was very exciting for me, and my friends and relatives were all duly impressed.

In appreciation, I've written this little limerick for you:

For articles most informational,
inspirational and educational;
for cartoons and pictorials;
for ads,—editorials,
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Thank you again. I look forward to my next issue and trying again.

Barbara J. Hartsig
Stamford, Connecticut

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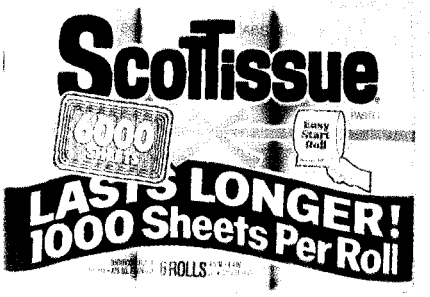

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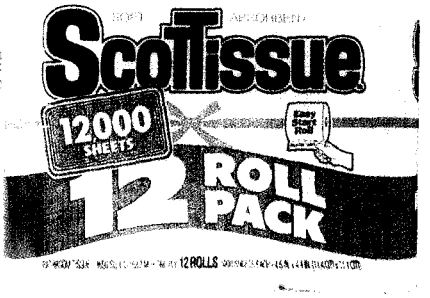

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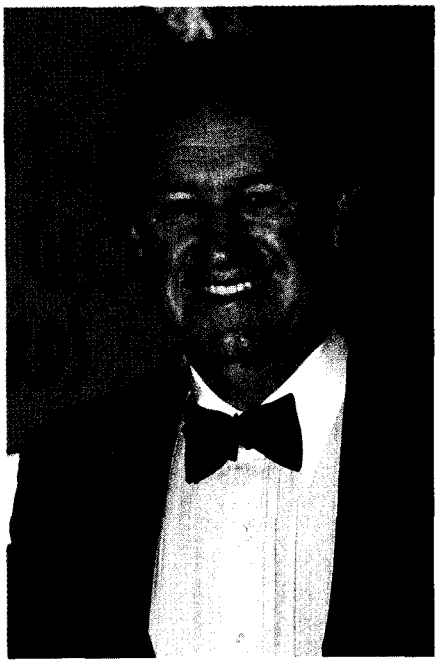
Post People

Gene Hackman flies high not only in movie accomplishments but also in his German-built, single-engine Extra 3000 airplane.

Geronimo, his most recent film, adds to the more than 50 that have comprised his 33-year film career, one highlighted by two Oscars (*The French Connection* in 1971 and *Unforgiven* in 1992).



Growing up poor in Danville, Illinois, Hackman first dreamed of becoming a pilot when at age 13 he would see Air Corps planes "fly in formation over our house" from Chanute Field. He earned his pilot's license 22 years later.

"I'm making an effort to fly a little more," he says. "It's really a wonderful sense of freedom. And I don't need 70 guys around me, like on a movie."▲

Evidently, "Diamond Lil" was a piker compared to ***Elizabeth Taylor*** when it comes to precious stones.

Taylor confesses she was hooked when Richard Burton presented her with the Taj Mahal diamond (originally a gift from Shah Jahan in 1621 to his wife, Mumtaz Mahal) for her birthday in 1972. Over the years, she has maintained this preference for legendary diamonds over ordinary stones. During a span of less than four years, she added the pear-shaped Taylor-Burton diamond to the heart-shaped Taj Mahal, as well as the 33.19-carat Krupp diamond.

Taylor's "rock" garden also sparkles with diamond chandelier earrings, the Iguana brooch (named for Burton's 1964 film), a memento of their days in Puerto Vallarta, a choker of cascading diamonds, a diamond headpiece and bracelet, a pearl ring, and drop earrings.

"Jewelry is one of my joys of life," Taylor says. "I love stones. I love collecting."▲

Walter Matthau, sloppy half of the original *Odd Couple* on Broadway, has now become a grumbling half of *Grumpy Old Men*, one of the nation's top-grossing films since its December '93 release.

The movie's box-office take comes

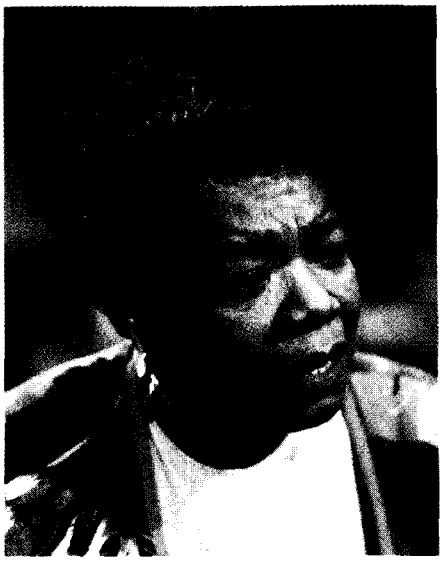
not only from Matthau's reputation through his starring roles in *The Bad News Bears*, *Little Miss Marker*, and *Dennis the Menace*, but also from Jack Lemmon—his perfectly cast opponent in the *Odd Couple* movie—as another grumpy codger fighting over Ann-Margret, 52, who belies her age.

Director Donald Petrie says of this seventh Matthau-Lemmon film, "Walter and Jack come up to each other's level. Walter, who is always wacko, is grounded by Jack's being so centered and well rehearsed."▲

Where have we met ***Maya Angelou*** without really recognizing her?

As a nightclub singer? A civil rights organizer? The actress who played Kunta Kinte's grandmother in the TV special "Roots"? As the gifted writer of *I Know Why the Caged Bird Sings*? As a professor at Wake Forest University?

Or perhaps our recognition had to wait until January 20, 1993, when in a brief three minutes, Maya Angelou read "On the Pulse of Morning," the poem she composed for President Bill Clinton's inauguration.



"I hope to speak directly to the hearts and minds of my fellow Americans and say, 'Look at us, look at us,'" the 64-year-old poet told NBC. Thus she would quote from her poem that memorable morning:

Here on the pulse of this new day
You may have the grace to look
up and out
And into your sister's eyes, into
Your brother's face, your country
And say simply
Very simply
With hope
"Good morning."▲

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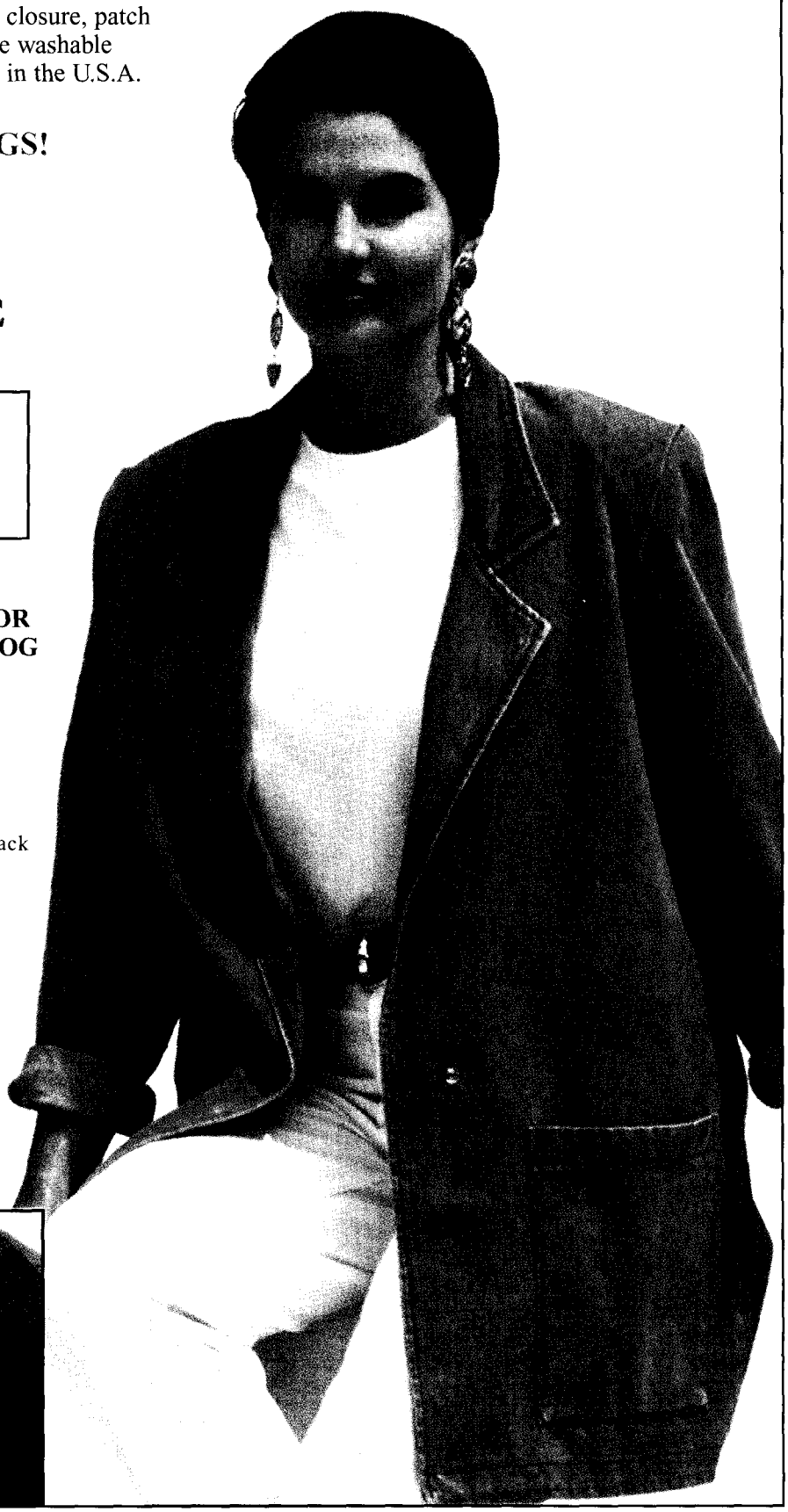

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OATS, IVY, AND NIRVANA

Today's rock lyrics may be more "meaningful" than those of old, but will they be as memorable?

by Wen Smith

Illustrated by Don Trawin

Somewhere, I've heard the word *nirvana* defined as the ideal state of freedom from the worries of the everyday world. My friend, Charlie, doesn't agree. He says *nirvana* is where the winner on "Wheel of Fortune" gets to stand.

I've never approached nirvana in either sense, but when my wife and I watch "Wheel of Fortune," we rise above the worries of the world. It's a game show about words, and since words are my profession, I take a tax deduction every time I watch it.

One night, we were trying to keep ahead of the contestants. A five-word puzzle came up in the "quotation" category. As soon as N, T, S, and D were filled in, my wife solved the puzzle.

"That's easy," she said. "It's 'Mairzy Doats and Dozy Doats.' "

Naturally, she turned out to be right, and had she been on the show, she'd have won more than $6,000. It pays to gather culture as you're growing up.

We both remembered "Mairzy Doats" from our teen years. On the surface, it was a nonsense song, but it did have something to say, after all. When you spoke the words with the right enunciation and the right cadence, you realized it really said, "Mares eat oats, and does eat oats, and little lambs eat ivy." It was comforting to take facts like those with you when you left the farm to go overseas and fight a war.

When the song hit the top of the charts back in the '40s, nearly everyone thought it was cute. Nobody thought of playing the record backward to see if it was hiding a satanic message. The world of holocaust and heroism had enough such messages, so when it came to music, folks found relief in "Mairzy Doats," or they sang along as Spike Jones delivered a raucous raspberry "right in *der Führer*'s face."

Well, as soon as the "Wheel" contestant bought a couple of vowels and filled in the Z's, he solved the puzzle.

My wife was amazed. "He's too young," she said. "How could he remember 'Mairzy Doats'?"

"Nobody's too young for that song," I said. "No matter when you hear those lyrics, they stick with you."

Emcee Pat Sajak awarded the winner his 6,000 bucks. Then Pat, in a cheerful ad lib, hinted that the generation gap isn't as broad as most people think. He said the song title from 50 years ago was just as silly as the rock-'n'-roll lyrics of today.

My wife scoffed at that suggestion. "Can you imagine Michael Jackson and Madonna caressing their own carcasses and gyrating to 'Mairzy Doats'?"

"Yes," I said. "I'd understand the words, but I still wouldn't make sense of Michael or Madonna."

"Popular songs were fun in those days," she said. "The social messages were less serious."

" 'Praise the Lord,' " I quoted, " 'and pass the ammunition.' "

We agreed that today's rock lyrics are more meaningful, helping kids to deal with the vital problems of life: how to commit mayhem against women, how to kill police officers, and how to sniff drugs and use condoms without feeling guilty.

"That's education for the 21st century," she said.

"Maybe," I said. "But when the year 2020 rolls around, who's going to remember any lyrics from Michael Jackson or Madonna, or Ice-T?"

"Not many," she said. "They'll outgrow such stuff."

"But I'll bet they and their kids will still know that little lambs eat ivy and a kid'll eat ivy too."

"Wouldn't you?" she said.

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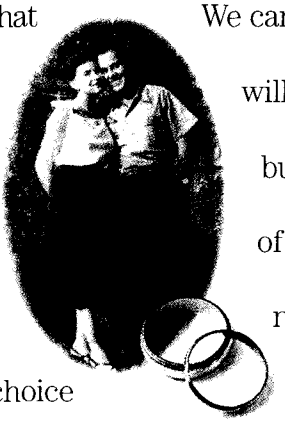
Mrs. Gampl has always had the same husband and washer, but only one gives her any trouble.

Mrs. Ruth Gampl of McHenry, Illinois, can remember the day she began what has turned out to be a truly wonderful relationship. In all the years since that special day, she's raised a family, moved that family three times and, of course, done thousands and thousands of loads of laundry.

She has no regrets about that choice she made all those years ago. The fact is, during all that time, for better and for worse, through thick and through thin, she's hardly had a single problem.



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FOOD

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Pasta with Spicy Shrimp Sauce

(Makes 8 servings)

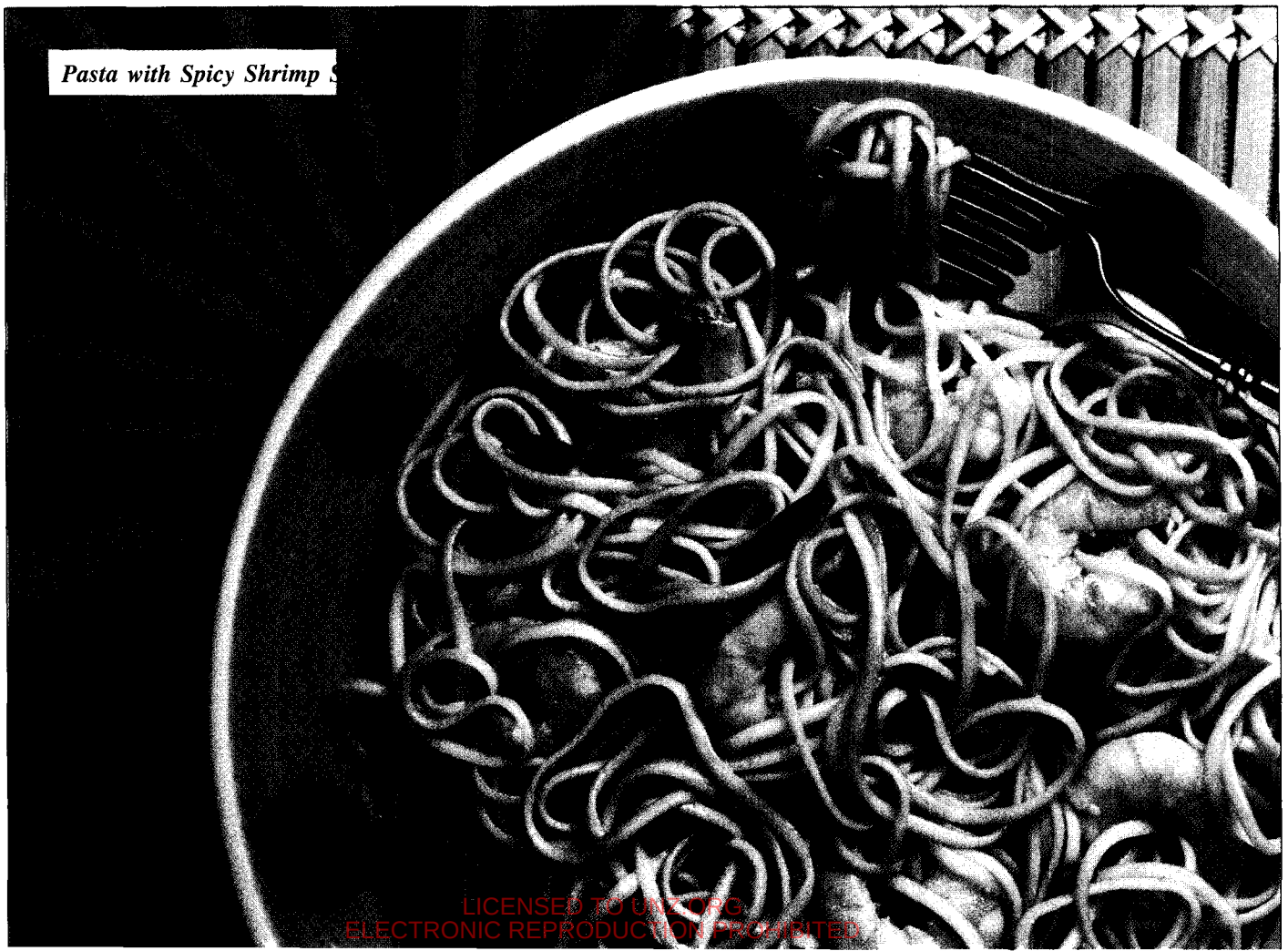
1 pound linguine, fettucine, or other long pasta shape, uncooked
12 oz. medium fresh shrimp, peeled and deveined, or 12 oz. medium frozen shrimp, thawed
3 red bell peppers, seeds and ribs removed, cut into bite-size, thin strips
3 scallions, sliced thin (white part and tips of green part)
2 tablespoons smooth peanut butter
1 teaspoon sesame oil
½ cup low-sodium chicken broth or water
½ teaspoon crushed red pepper flakes
1 jalapeño pepper, stemmed, seeded, and sliced very thin
½ teaspoon ground ginger
1 tablespoon low-sodium soy sauce
1 tablespoon mild white vinegar

Prepare pasta according to package directions without adding salt. While pasta is cooking, combine remaining ingredients in saucepan and place over low heat.

Cover and simmer until sauce is smooth and shrimp are cooked through, about 2 minutes.

When pasta is done, drain well and transfer to large bowl. Add sauce and toss gently until well combined. Serve immediately.

Per serving (1½ cups):
Calories: 300 Carbohydrate: 46.7 gm
Cholesterol: 66 mg Protein: 17.7 gm
Sodium: 194 mg Fat: 4.6 gm
Diabetic exchange: 2½ bread + 1 vegetable + 1 medium-fat meat



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Pasta Vegetable Chowder
(Makes 4 servings)

1 cup small shells, elbow macaroni, or other small pasta shape, uncooked
3 cups skim milk, divided
10-oz. box frozen mixed vegetables, thawed and drained, or 1½ cups chopped fresh vegetables (such as zucchini, yellow squash, corn, and peas)
½ teaspoon dried thyme
½ teaspoon paprika
1½ tablespoons cornstarch
6-oz. can clams, drained
½ teaspoon pepper
Salt (if desired) to taste

Prepare pasta according to package directions without salt; drain. Rinse pasta under cold water until cool. Drain again. Combine 2½ cups milk, vegetables, thyme, paprika, pepper, and pasta in 2-quart saucepan. Cook over medium heat until bubbles form around milk's edge.

In separate bowl, stir remaining ½ cup milk and cornstarch until cornstarch dissolves. Stir cornstarch mixture into soup and heat to simmering. Add clams and simmer, stirring frequently, 3 minutes. Add salt (if desired) to taste. Serve hot.

Per serving (1½ cups):
Calories: 356 Carbohydrate: 66.2 gm
Cholesterol: 21 mg Protein: 19.4 gm
Sodium: 419 mg Fat: 1.4 gm
Diabetic exchange: 3 bread + 1 skim milk + ½ lean meat

Fat-Free Garden Pasta with Tuna
(Makes 8 servings)

1 pound macaroni shells, cooked until just tender in unsalted water
1 6½-oz. can solid white water-packed tuna, undrained, broken into chunks
1 medium tomato, peeled, seeded, and chopped
1 medium cucumber, peeled, seeded, and chopped
1 small zucchini, finely chopped
¼ cup capers, drained (if desired)
2 tablespoons fresh lemon juice
1 cup no-fat mayonnaise
½ teaspoon ground black pepper
2 tablespoons minced fresh parsley as garnish

In mixing bowl, combine shells with tuna, tomato, cucumber, zucchini, and capers, if used. Add lemon juice.

Stir mayonnaise into mixture. Season with pepper to taste. Chill 1 hour.

Garnish with parsley and serve.

Per serving (1½ cups):
Calories: 273 Carbohydrate: 51.7 gm
Cholesterol: 10 mg Protein: 12.9 gm
Sodium: 280 mg Fat: 1.5 gm
Diabetic exchange: 3 bread + 1 vegetable + ½ low-fat meat

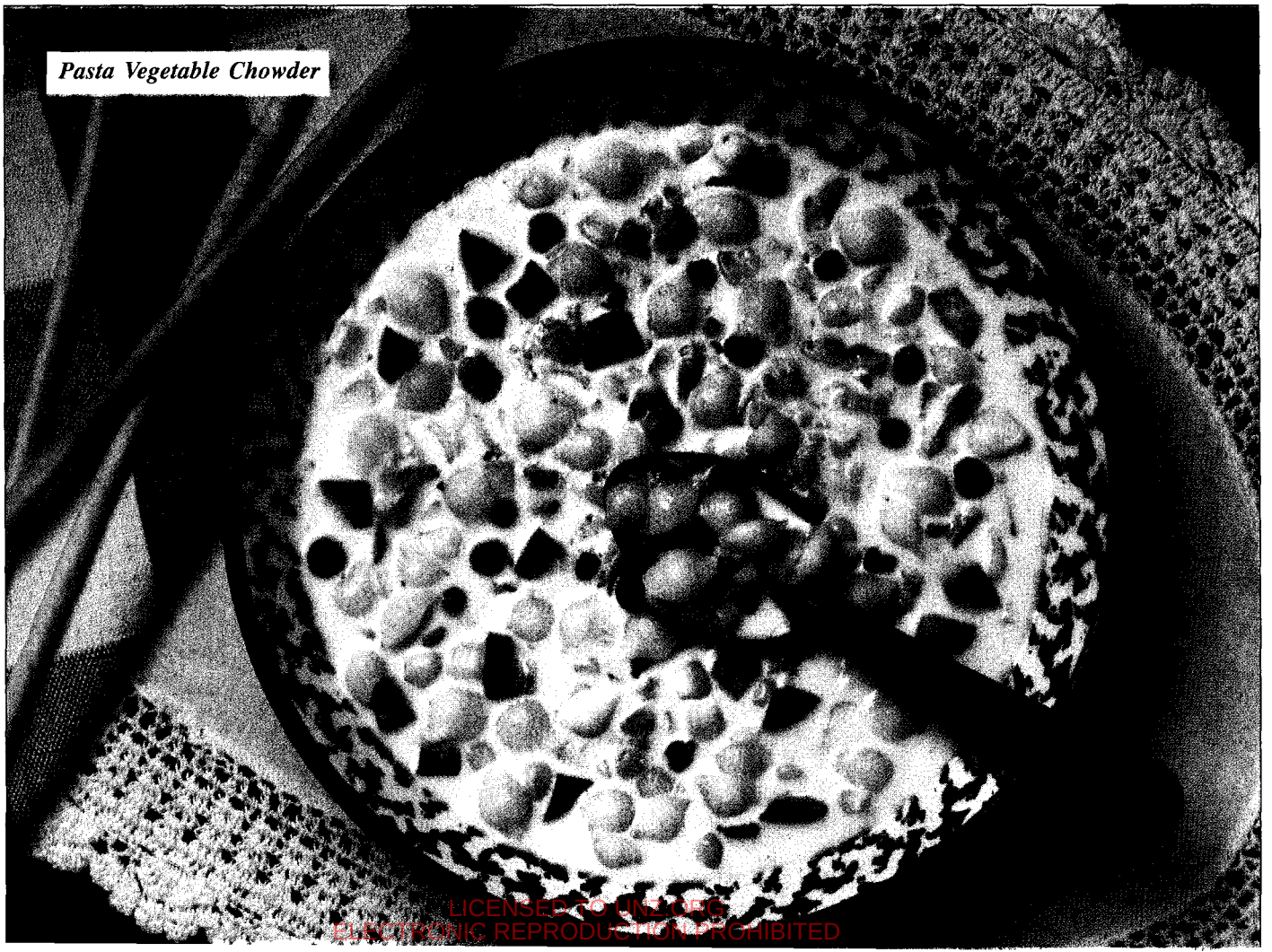
Pasta with White Clam Sauce
(Makes 6 servings)

1 pound linguine or spaghetti, uncooked
2 cloves crushed garlic, minced
1 tablespoon olive oil
1 tablespoon all-purpose flour
4 cans (6½ oz.) chopped clams, drained and rinsed
1½ cups chopped fresh parsley

Prepare pasta according to package directions without salt; drain.

Sauté garlic in olive oil until

continued on page 103


Pasta Vegetable Chowder

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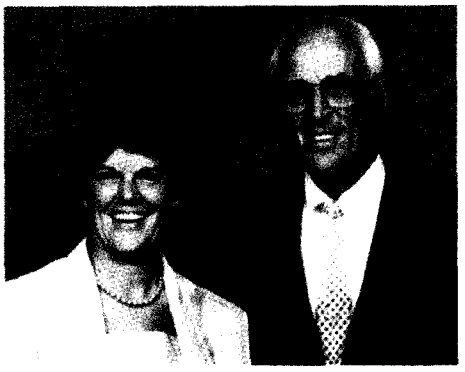
WOULD YOU LIKE TO INCREASE YOUR ENERGY AND VITALITY?



Scientists have found that most people begin a gradual physical decline in their thirties which becomes more noticeable with each decade. Jack Hartman, author of eleven Christian books (including *Trust God For Your Finances*, *What Will Heaven Be Like?* and *Deep Inner Peace*) experienced a significant energy decline in his early forties. Rather than accept this slowdown as inevitable, he began searching for ways to regain optimum energy.

For more than twenty years, Jack has searched for simple, practical methods that were in harmony with the Word of God. He has found many answers that work and provide a lifestyle for health.

Now Jack and his wife, Judy, have written a 317 page book titled *Increased Energy and Vitality*. It's packed with exciting and easy-to-follow suggestions you can start using immediately.

Increased Energy and Vitality is solidly anchored in the Word of God -- it contains more than 200 Scripture references. Judy Hartman has included 37 of her fat-free, sugar-free recipes for tasty meals that provide maximum energy and vitality. Here are some of the exciting discoveries presented in this timely book:

✓ Does your sleep affect your energy level?

Why do one out of three Americans have trouble sleeping? Do you know the Bible's specific instructions pertaining to proper rest? Learn how to increase your energy level by improving the quality of your sleep.

✓ Are you a "morning" person or a "night" person?

Does when you sleep make a difference in your vitality? What does the Bible say about the importance of early morning hours? Are you using the principles that will enable you to go to bed earlier, get up earlier and increase your energy level?

✓ Is there a relationship between exercise and energy?

How did John Wesley have the energy at age 83 to outwork much younger men? What did Dr. Billy Graham do to overcome afternoon fatigue? Yes, you can exercise faithfully even if you failed in the past. Jack and Judy Hartman explain in detail the simple, inexpensive and enjoyable exercise program they discovered. This program is guaranteed to multiply your energy and vitality.

✓ Does what you eat affect your energy level?

Absolutely! You'll learn which foods are stressful, which are relaxing. Discover specific biblical teachings on the food we eat and its effect on our energy level.

✓ What bodily function requires the most energy?

Surprisingly, it's the digestion of food! Studies show that about fifty percent of all Americans suffer from energy-draining digestive problems. Many specific suggestions are given to help you digest food more effectively.

✓ Why do most people gain weight between the ages of 25 and 40?

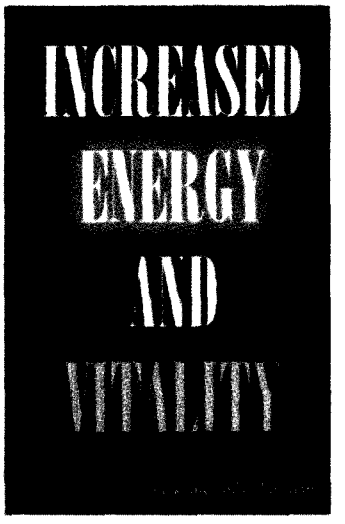
Why do so many of us eat too much? This book reveals the reasons and explains how to break the addiction to overeating by using simple and effective biblical principles.

✓ Is supernatural energizing power available for our physical bodies through the Holy Spirit and the Word of God?

Jack Hartman says, "Yes." He devotes four chapters to this revolutionary concept, explaining how to be energized by the Holy Scriptures. He also explains the Greek words *energia, energeo, energema* and *energees* that are used in the New Testament. He gives detailed instructions on how to appropriate the unlimited energy supply of the Holy Spirit for your daily living.

✓ How long can you expect to live with increased energy and vitality?

Dr. Albert Schweitzer won the Nobel Peace Prize in his late seventies. He was still performing surgery in his African hospital at the age of 89. Winston Churchill worked long, hard hours under extreme pressure when he became prime minister of Great Britain at the age of 66. Thomas Edison remained vitally alert and productive well into his eighties. What principles for increased energy and vitality did these men know and practice that you can put to use starting now?



Increased Energy and Vitality is written in a simple, clear, conversational style. This practical and powerful book will show you how to really begin living life to the fullest.

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"Thy word is a lamp unto my feet, and a light unto my path." *Psalm 119:105*

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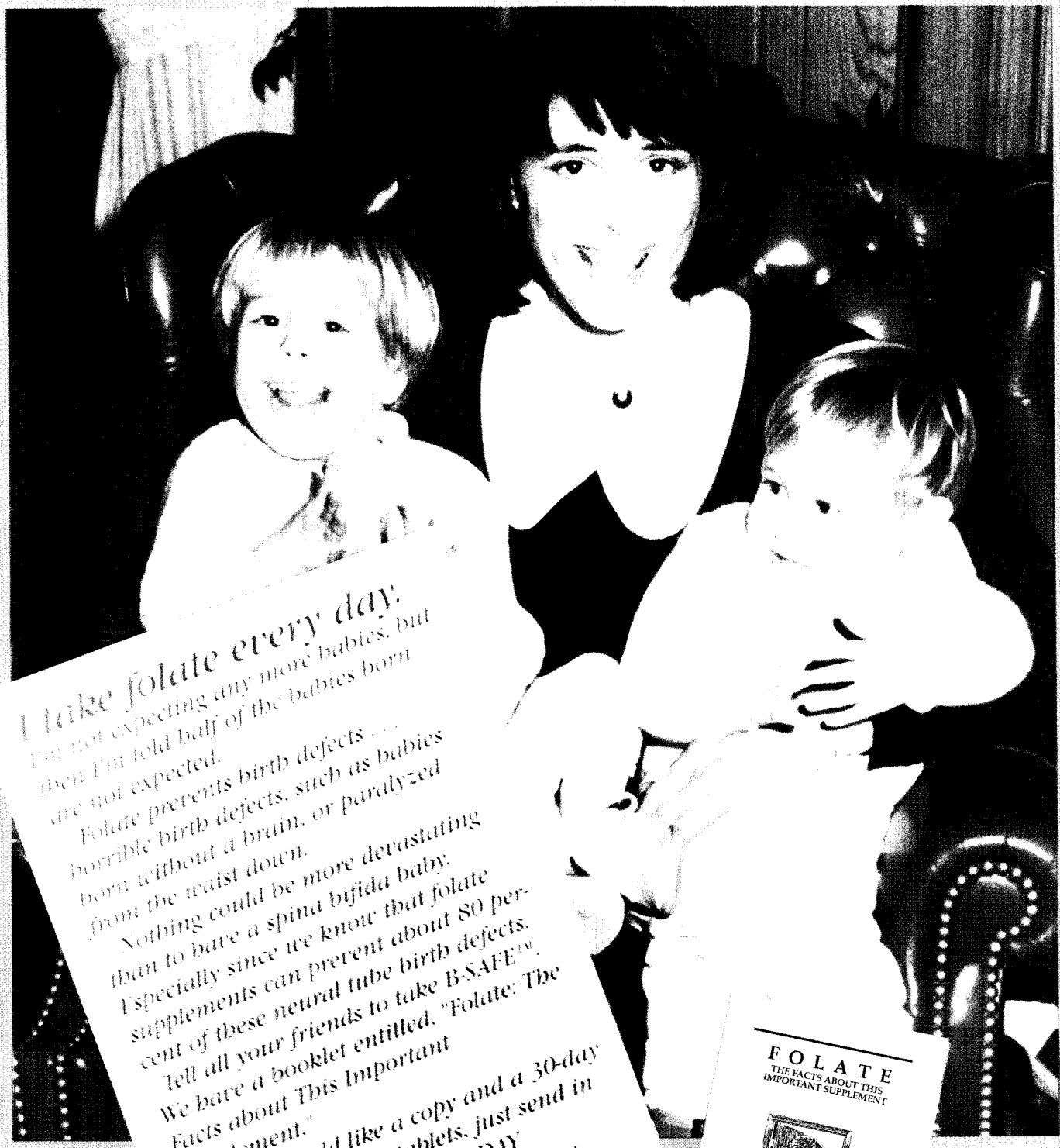

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SPEAKING OUT

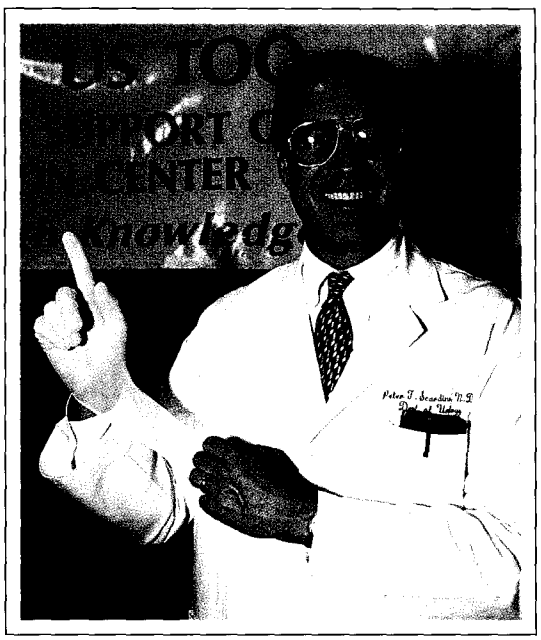
DAVID DIED: AN UPDATE ON PSA

Screening with the prostate specific antigen blood test can save thousands of lives yearly, yet some still question its use.

by Ralph E. Dittman, M.D., M.P.H.

This past December, my 56-year-old cousin, David, died of prostate cancer. Just two years before, I had written an article in the *SatEvePost* entitled, "'David, Why Did You Wait?': A Profile of Prostate Cancer." My cousin would be alive today had he been screened earlier with the simple blood test called PSA (prostate specific antigen). Although researchers have known about PSA for more than two decades, it has only been in the last five years that they have used this substance to assess a man's risk for prostatic cancer.

Indeed, the PSA test has profoundly affected the detection and treatment of prostate cancer. The discovery of PSA represents one of the most recent significant advances in the field of prostate cancer. A PSA blood test should be a male Pap smear or mammogram, if you please. At least, that's what I think.



A strong advocate of PSA testing, Dr. Peter Scardino reports, "There are two distinct kinds of prostatic cancer... those that are clinically unimportant, or latent, and those that are more aggressive, becoming killer cancers quickly."

What the PSA Critics Say

Unfortunately, as when the American Cancer Society first endorsed the Pap smear nearly 50 years ago, there seems to be a major debate today about using PSA as a screening test. Critics argue that prostatic cancer is a slow-growing tumor, that 80 percent of all men who are 80 years old have prostate cancer, anyway, and that it is not their cause of death. The critics argue that if so many men have this slow-growing, clinically unimportant kind of cancer, then screening would cause thousands of men to undergo unnecessary procedures and treatments for a disease that probably will not kill them. Cost estimates for screening and related follow-up have been as high as $28 billion! Obviously, these studies question the cost-effectiveness of prostate screening programs.

The use of the recently published Johansson Study by the PSA critics is a perfect example of how anyone can use complex studies to allege anything. The PSA critics point out that in the Swedish researcher's study, the ten-year survival rate of prostate cancer patients was the same as for men not having prostate cancer.

Unfortunately, the popular press accounts failed to mention that the mean age at diagnosis was 72 years, that the study excluded younger patients for treatment purposes, and that of the group that showed no greater mortality rates than their noncancerous companions, one out of three had major problems related to local extension of the tumor, including infection, obstruction, and bleeding.

How's that for a nice way to spend your last ten years? Oh, and by the way, Sweden has the highest mortality rate from prostate cancer in the world.

Even here at home, we have a group of researchers headed by such people as Dr. John Wasson of the Dartmouth Medical School in Hanover, New Hampshire, who, with their theoretically assigned probability figures and their decision analysis models, believe that the costs involved in PSA screening may outweigh the benefits. These forces seemed predominant last summer at a highly publicized conference sponsored by the National Cancer Institute (NCI), which lent even more weight to the anti-PSA coverage.

Such negative information about prostate cancer tends to convince men that either prostate cancer is not an important disease, or at the other extreme, the disease is inevitable—so why worry about it, since it will not be the cause of death, anyway? The problem with the latter bit of illogic is that it refers to latent or microscopic, rather than clinical, cancer.

Prostate Cancer Update

Cancer of the prostate is now the most common cancer among men in our country. This past year alone, doctors diagnosed nearly 165,000 cases—nearly one case every 15 minutes. About 35,000 men died a very agonizing, painful death from metastatic prostate cancer this past year. One in ten men will be diagnosed with prostate cancer during his lifetime; this is roughly the same percentage as women who will be diagnosed with breast cancer. By the year 2000, experts estimate that prostate cancer cases will increase by 90 percent, and deaths from the disease will increase by 37 percent.

Although the exact cause of prostate cancer is still a mystery, researchers have identified major risk factors. Age increases risk, as does family history. Also, African-American men face a higher risk than Caucasians or Asians. Dr. Peter Scardino, chairman of the

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urology department at Baylor College of Medicine in Houston, recently pointed out, "We now know that there are basically two distinct kinds of prostatic cancer. There are those that are clinically unimportant, or latent, and those that are more aggressive, becoming killer cancers quickly." He added that prostate cancer is absolutely unique in this regard. "You don't find breast cancer, for example, in women who die of other causes."

PSA Is a Must

Dr. Scardino continued: "Recent statistics tell us that about 30 percent of American men over 50 years old are walking around with a microscopic cancer in their prostate, maybe up to the size of a BB." He also explained the importance of size in detecting a lethal cancer: "The average size of a very early, treatable prostate cancer we find through our tests is usually extremely small, but it is still 40 to 50 times larger than those that are so-called latent or clinically unimportant."

Dr. William J. Catalona, chairman of the urology department at Washington University School of Medicine in St. Louis, was one of PSA screening's earliest proponents. In a recent scientific report, he wrote, "An elevated (above 4 ng/ml) PSA does not mean the presence of cancer, but rather indicates the presence of prostatic disease and the need for further evaluation." His article pointed out that cancers smaller than one centimeter usually do not elevate PSA levels. He emphasized that more than 90 percent of cancers detected through PSA-based screening have the potential to become clinically important, judging by their size and grade. Although only 30 percent of the prostate cancers detected by the traditional digital rectal exam (DRE) were curable, he concludes that some 70 percent now being detected by the concurrent use of PSA and DRE are curable.

"Fiscal year 1993 saw $410 million spent on breast cancer research and only $39 million on prostate cancer research."

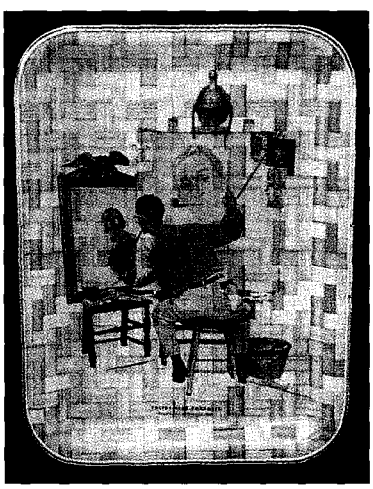
No one is advocating PSA screening alone. The appropriate goal of an early detection program is to detect only clinically important and potentially curable prostate cancers. PSA testing is just one more valuable tool along with the DRE or prostate ultrasonography.

The American Cancer Society and the American Urological Association now recommend PSA testing with a DRE beginning at age 50—and at age 40 for men at high risk. Without question, prostate cancer should be detected early. Also without question, PSA should be used as an adjuvant screening test.

A Call to Arms

Prostate cancer awareness has increased greatly during the past five years, thanks in part to the PSA debate.

continued on page 74



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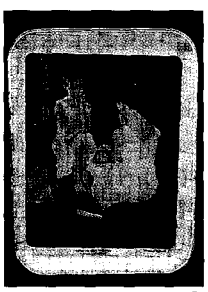

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BONING UP ON OSTEOPOROSIS

What do caffeine, childbirth, alcohol, and exercise have in common? They all affect your bones.

Illustrated by Revere F. Wistehuff

Dowager's hump and bone fractures caused by osteoporosis once were believed to be inevitable with aging. In recent years, however, researchers have found women can avoid or greatly postpone excessive bone loss by regulating their diets and lifestyle, even those who have inherited the recently discovered gene that heightens the risk for osteoporosis.

Strong bones require calcium, and anything that prevents calcium absorption can lead to problems. Study after study confirms the following factors affect your bones and can make them healthier or weaker in later life:

Smoking: As if causing cancer and heart disease isn't bad enough, smoking also promotes bone loss. Studies show smoking affects the processing of vitamin D, which reduces the calcium absorption necessary to maintain tough bones. Researchers calculate that if a woman smoked a pack of cigarettes a day throughout adulthood, her bones would lose 5-10 percent of their normal density by the time of menopause. In men, smoking affects the production and use of the male hormone testosterone, also resulting in loss of bone density.

Caffeine: Sorry to say, caffeinated beverages such as coffee, tea, and soft drinks also put your bones at risk. Researchers at several northeastern universities found that drinking soft drinks with the caffeine equivalent of 3½ cups of coffee daily nearly doubled the subjects' risk of developing osteoporosis. Caffeine, they believe, contributes to calcium loss through the urine and inhibits the body's bone-building process.

Alcohol: Consuming more than three alcoholic drinks a day has definitely been linked to risk of osteoporosis. Consumption of smaller amounts may also interfere with calcium and vitamin D absorption. Researchers say alcohol is the No. 1 cause of osteoporosis in men.

Exercise: Patients confined to bed or a wheelchair have demonstrated what happens to bones when they become dormant. Bones react to weight-bearing exercise by becoming more dense and less susceptible to fracture. Recent research shows that regular weight-bearing activities, such as lifting grocery bags or carrying children, are the best things you can do to keep backbones strong. If you don't have children or grandchildren, doctors say lifting 5-10 pound weights while sitting or standing offers sufficient bone-building benefits.

Having Children: Being pregnant stimulates estrogen and increases body weight, which leads to increased bone mass.

Boning Up: We build most of our bone mass during the teenage years. Bones continue to increase in mass, although more slowly, during the 20s and 30s. Women, however, lose estrogen at menopause. Their bones begin to disintegrate faster than they regenerate, and bone mass decreases. A diet rich in calcium can help stop bone loss, yet studies show a large percentage of women gets less than half the calcium they need daily. To protect against osteoporosis, menstruating women and postmenopausal women need 1,000-1,500 mg calcium daily. If you don't get enough calcium from your diet, you should take 500-1,500 mg calcium supplements a day. Some studies have shown decreased bone fractures in women who take more than the recommended daily allowance of magnesium and calcium.

Other aspects of your diet and lifestyle may affect how much calcium your body absorbs. Vitamin D, for example, is essential for building bone. It is present in milk and in sunshine, so open the drapes. Beware of high meat consumption. Studies indicate excessive meat can deplete calcium. Also, too much salt in the diet can cause calcium to be excreted in the urine. ▲

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Christina is a 5'10", 125 lb. fashion model of Scandinavian heritage. Everyone thinks she has the most marvelous bone structure. She doesn't. She is on her way to osteoporosis.

Her cheekbones are to die for, but not her vertebrae. Too many diets and too little calcium have left her bone density below average. If she doesn't do something, she'll shrink. Her spine will compact. Her clothes won't fit. Looking up at the sky will be impossible.

Today 1 in 2 American women will get osteoporosis.

Chances are you'll be one of them. Don't. Osteoporosis isn't caused by aging. It's caused by ignorance.

Help prevent osteoporosis with calcium.

And exercise. Even a half hour walk every day will do. Eat right. Don't smoke. If you drink, drink less.

And talk to your doctor. Ask about alternate therapies and risk factors like age, race and family history.

And because American women get only about half the calcium they need to maintain bone strength, take 2 Tums 500's every day. For pennies 2 Tums 500's provide 1000 mg. of chewable EffeCal*™, a pure, very absorbable, refined form of calcium.

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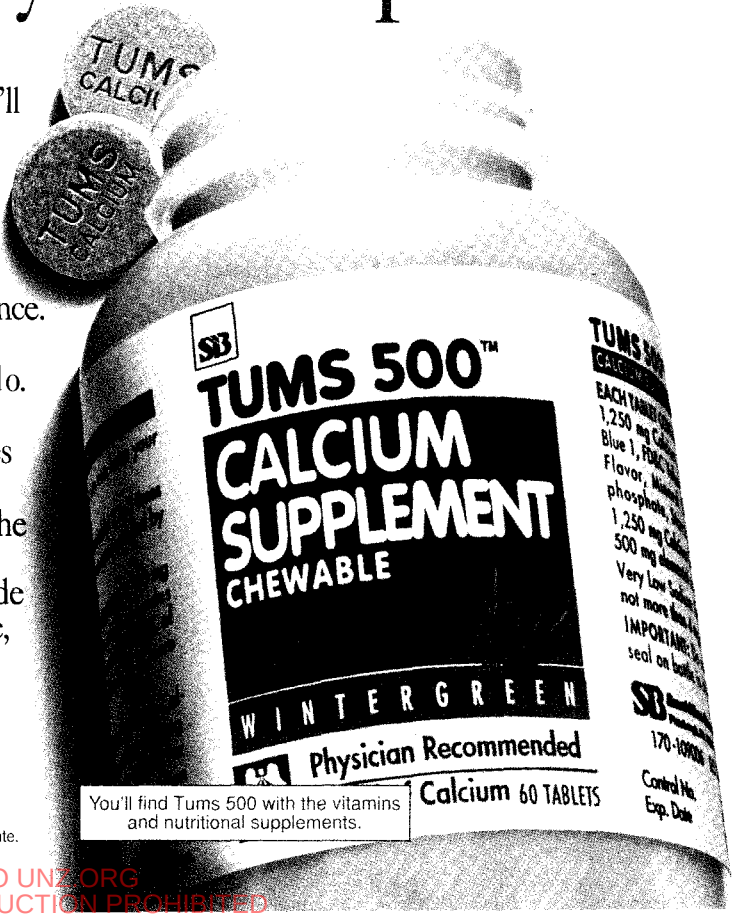

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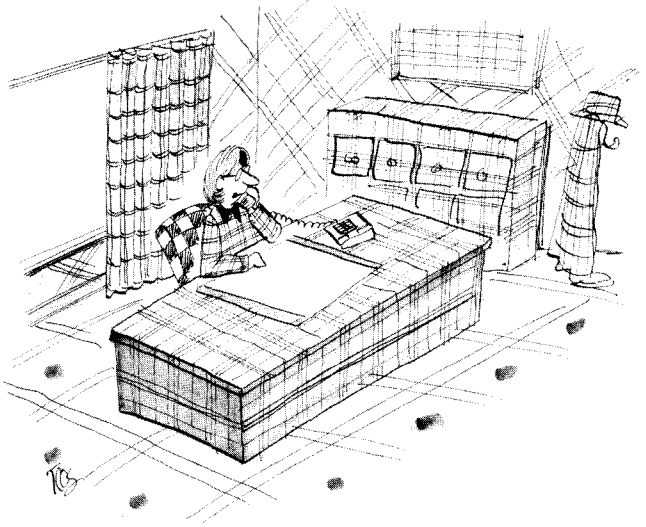
"Do you begrudge me a ponytail now that they're in style?"

"Wingtip shoes? That's IT?!"

THE POST'S STYLE GUIDE



"I'd like item #43160, and does that come in plaid?"

"Make me look like a force to be reckoned with, Bernard."

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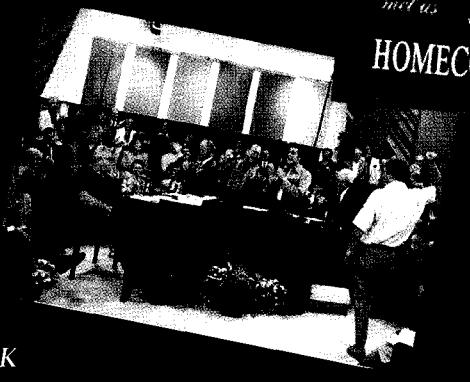

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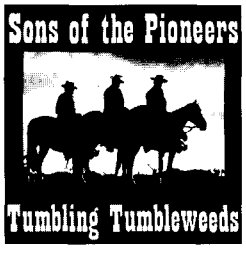

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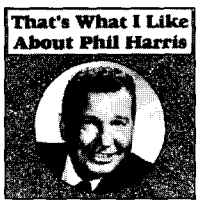

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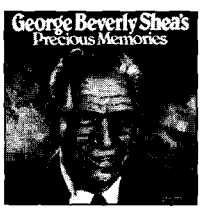

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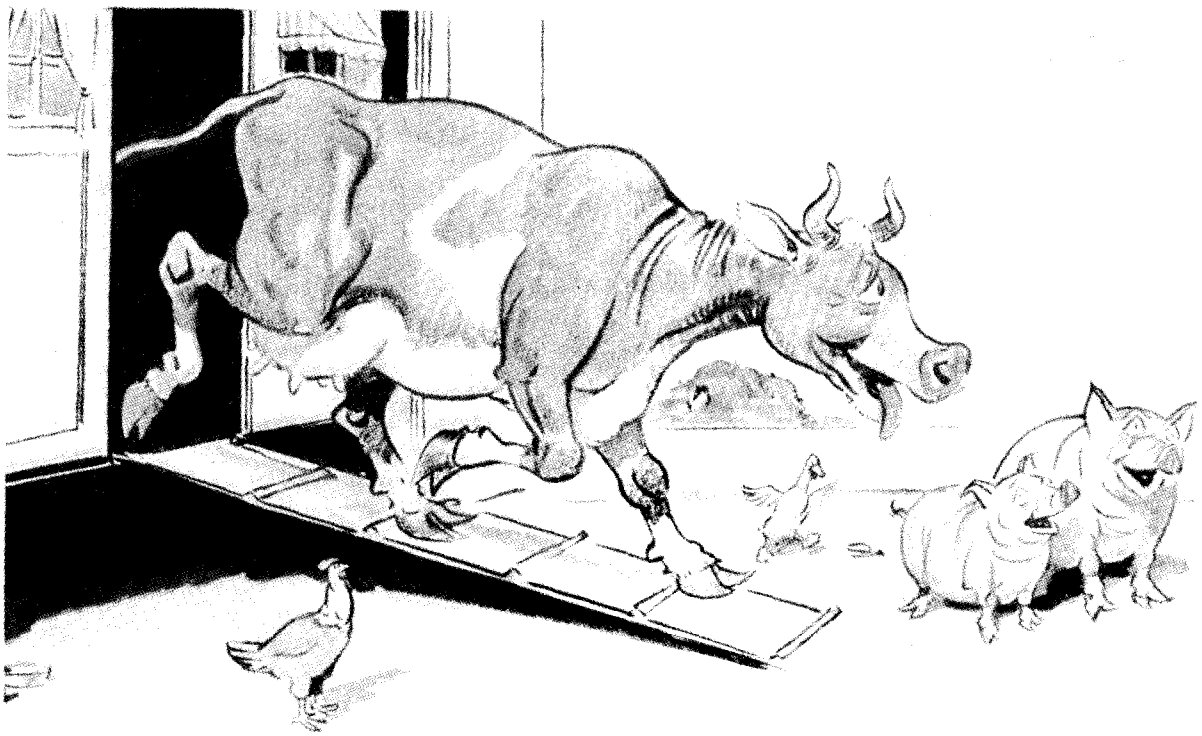

LOVE NEST ON WHEELS

Everyone knows the only way to have pure milk on your honeymoon is to take a cow with you.

by William Hazlett Upson

Illustrated by Tony Sarg

One morning in February, Mr. Vergil Hawkins, aged 22, answered the telephone in the office of Johnson's Garage, Maple Creek.

"That you, Vergil?" said a voice.

"Yes."

"Well, this is Henry Smith, cashier at the National Bank. And I want some action right away on this note of yours. It's a month overdue—$500 principal, plus $15 for six months' interest. I've mailed you three notices. You haven't even answered them. Are you going to pay this thing, or do I have to take legal action?"

Before Vergil could reply, he was interrupted by Mr. Johnson, the garage proprietor, who began shouting from the rear of the shop: "Hey, Vergil! When are you going to finish washing Mrs. Riggs' car?"

Vergil turned around. "I'll be there in a minute!" he shouted back. Then he spoke into the telephone: "You don't have to worry about that note at all, Mr. Smith."

"I certainly do have to worry about it," Mr. Smith retorted. "I endorsed it myself, personally. I did it because I had known your father and mother before they died, and I thought you were just as honest and dependable as they were. But I guess I was mistaken."

"Oh, no, Mr. Smith. Your money is as safe with me as if you had lent it to Finland. I'm going to pay everything just as soon as my business develops a little further."

"What business? Your job at the garage?"

"Certainly not, Mr. Smith. This miserable job washing cars is only temporary—so I can get a little money for board and room and so on. My regular business is manufacturing high-grade automobile trailers. You know that. And you also ought to know that it is a highly profitable business."

"You haven't made any profits yet, have you?"

"Sure I have—potential profits, that is. The $500 that I borrowed from you six months ago went into the materials for the first automobile trailer ever built in the town of Maple Creek. I did all the work myself, so there was no expense for labor. And now, with an investment of only $500, I have a trailer that will sell for at least $1,000."

"Why haven't you sold it, then? It was finished three months ago, wasn't it?"

"Yes, Mr. Smith. But the winter is no time to sell a trailer. In three months more it will be May. People will start sniffing the spring air, they will want to take trips and go camping, and they will be just fighting for a chance to buy a trailer. If I sold now, I would have to take less than my trailer is worth. And I hate to do that, because this is a real deluxe model—two berths, Pullman style; kitchenette; commodious sitting room with supervoluptuous easy chairs; welded steel frame, insulated sides—everything highest quality. Ideal for honeymoon couples—a regular love nest on wheels. You ought to look it over sometime, Mr. Smith. I have it stored out at my Uncle Wilbur's farm

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on the Burlington road."

"Thanks, Vergil, but I'm not interested in love nests. Now, about this note——"

"If you'd just let it ride a few months, you'd be doing a wonderful thing for the future of your bank."

"How do you mean?"

"It's this way, Mr. Smith. Here am I—just like Henry Ford in his early days—starting a wonderful new business. It's going to grow by leaps and bounds. As soon as I make my first sale for $1,000, I'll pay you in full and have enough left to build a second trailer. When I sell that, I'll have $1,000 clear, so I can build two. When I sell them, I can build four, and then eight, and so on indefinitely. In a few years, Mr. Smith, I'm liable to have a business here that will employ literally thousands of men. Just think of the prosperity I'll bring to the town of Maple Creek. And just think of the prosperity I'll bring to your bank—because, if you help me now, I'll naturally give you all my banking business in the future. After all, it's the business of a bank, isn't it, to promote the commercial development of the community?"

"The most important business of this bank, Vergil, is to protect the money which belongs to the depositors. So I must insist that you take care of this note at once. If you can't pay it all, we'll accept a substantial part payment."

"Would a dollar be enough? Or maybe a dollar and a half?"

"Of course not. Is that all you've got?"

"No, Mr. Smith; I have almost two dollars on hand, but I want to keep a little for current expenses. And don't forget that I have this trailer, which is worth at least $1,000."

"If you can sell it."

"Oh, I can sell it all right, Mr. Smith."

"Has anybody offered you anything for it?"

"Sure. I've had lots of offers."

"How much?"

"Oh, I don't remember exactly. A lot of people saw the trailer here in town before I took it out to Uncle Wilbur's place. They all said it was wonderful, and they would like to buy it—in the spring."

"Did any of them mention any definite figure?"

"Well, there was one man who said he would be willing to pay $1,000 for it any time at all—he would feel he was getting it dirt cheap—and the only trouble was that he didn't have the $1,000."

"A lot of help he would be. Were there any offers with cash to back them up?"

"Yes. Now that I come to think of it, there was Joe Reynolds. You know, old man Reynolds' son. He is engaged to Agnes Pelton, old man Pelton's daughter. She lives on Pleasant Street. They expect to get married soon, so I talked it up in a big way how this trailer is a veritable love nest on wheels—ideal for a wedding trip to Niagara Falls or anywhere else. Joe was much impressed, and so was Agnes."

"Did Joe offer anything definite?"

"Yes, he said he'd give me $600—which was his entire bank account. Naturally, I just laughed in his face."

"That's not a bad offer, Vergil. That would cover the $515 you owe the bank, and leave you $85 pure velvet."

"Velvet nothing. How about all the work and thought I put in? I tell you, Mr. Smith, that trailer is worth $1,000."

"Nothing is worth more than you can sell it for, Vergil. What you had better do is get hold of Joe Reynolds right away and close the deal, pro-

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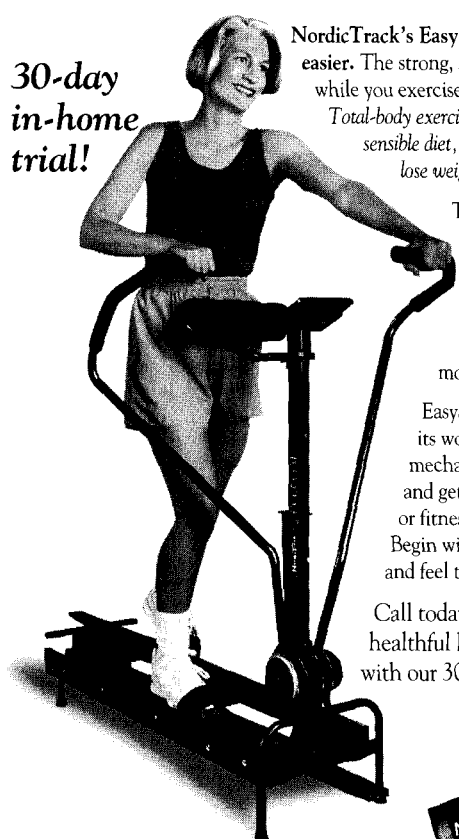

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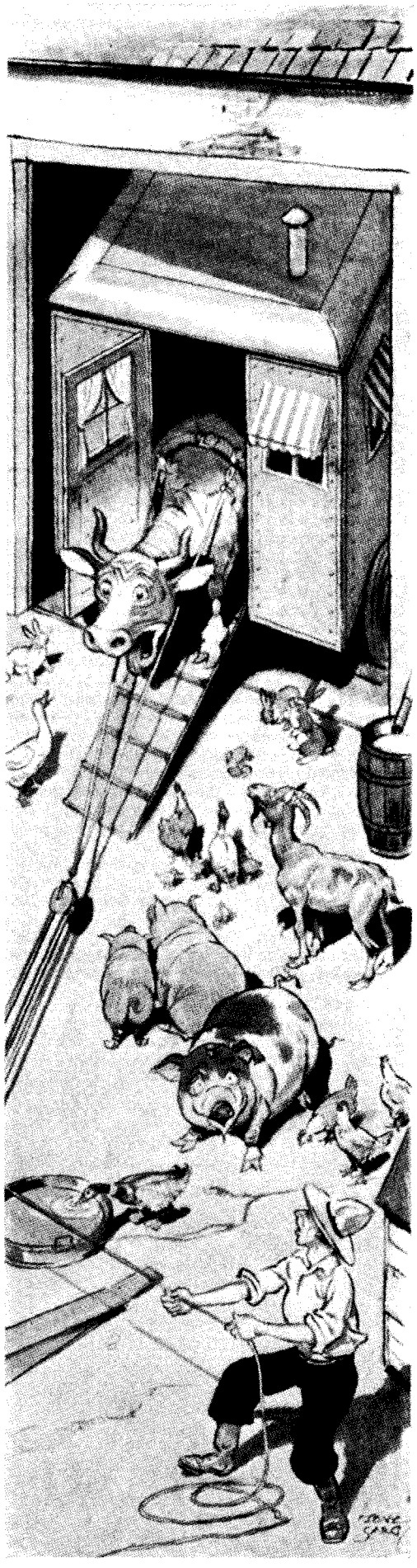

vided his offer is still open."

"I hate to do that, Mr. Smith."

"Listen, Vergil, If you don't make this sale or raise the money some way to take care of your note by tomorrow morning, I'll get an attachment on your trailer and have the sheriff sell it at auction."

"Couldn't you give me a little more time?"

"No."

"Not even a few days?"

"No."

"Well, all right, Mr. Smith; I'll call up Joe and see what I can do. I'll let you know how I come out."

"See that you do, Vergil. Good-by."

"Good-by, Mr. Smith."

Vergil put the receiver on the hook and sat in mournful silence for a few moments. Then he called the Reynolds residence and learned that Joe had gone over to see his fiancée, Agnes Pelton. He called the Pelton residence. Agnes herself answered.

"Hello, Agnes," said Vergil. "This is Vergil Hawkins. Is Joe Reynolds there?"

"Yes, Vergil, he's downstairs. And he wants to talk to you. He was just going to call you up. I'll get him."

"Wait a minute, Agnes. You don't happen to know what he wanted me for, do you?"

"Yes, he wanted to talk about buying your trailer. You see, he has a little extra money. His father just gave him $500 to sort of help along because we're going to get married. Isn't it splendid?"

"It's wonderful. You don't know how glad I am to hear about it, Agnes. I suppose Joe still has that $600 that was in his bank account last fall?"

"Oh, yes."

"Let me see; $600 plus $500 makes $1,100—that's fine. I suppose, Agnes, you are anxious to have Joe buy this trailer?"

"Of course I am, Vergil. I think your trailer is just too sweet for words."

"Say, that's great. You don't know what a help you are. Now, if you'll call Joe——"

"All right. Hold the line."

While Vergil waited expectantly, his boss, Mr. Johnson, began shouting from the shop: "Hey, Vergil! When are you going to finish washing Mrs. Riggs' car?"

"Aw, shut up!" Vergil muttered. Then he called, "Just a minute, Mr. Johnson!" and turned back to the telephone.

Joe Reynolds' voice came over the line: "Hello! Is that you, Vergil?"

"Yes, Joe. I hear you want to buy my trailer. Is that right?"

"Well, I don't know, Vergil. Perhaps I might think about it, if the price is OK."

"All right, Joe. If you want to snap it up right away, you can have it for only $1,200."

"Twelve hundred! Last fall you said $1,000."

"I know, Joe, but prices are rising. It looks like a big boom in trailers this year. If I waited till spring I could get $1,500, easy. However, you're an old friend of mine, so I don't mind giving you a reduction."

"That's very nice of you, Vergil, but I'm afraid $1,200 is out of my class."

"Better think it over, Joe. You said yourself, last fall, that a trip with a trailer would make a perfect honeymoon. You haven't changed your mind, have you?"

"No, but I guess I'll have to get something cheaper. There's a company downstate that advertises trailers as cheap as $500."

"Yes, Joe, but a man like you wouldn't want to start his married life in a mere traveling shanty—which is all you would get for $500. Think what you get by spending just a little more for my luxurious model—two berths with box springs and innerspring mattresses; linen sheets; 100 percent virgin-wool blankets; kitchenette with sink, refrigerator and gas stove; sitting room with supervoluptuous easy chairs; radio; air conditioning; folding toilet and shower; hydraulic shock absorbers; balloon tires; and hundreds of other features. As I told you last fall, it's a veritable love nest on wheels."

"I admit it's a nice outfit, Vergil."

"Sure it is, Joe. It's no wonder Agnes has set her heart on it."

"You really think she has?"

"I know she has. And she has been telling all her friends how generous you are. It will be a terrible blow if

"First he tried coaxing. But he had no success. So, yesterday, he fixed up a sort of harness."

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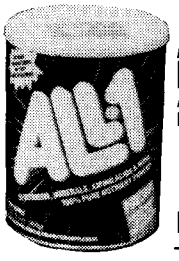

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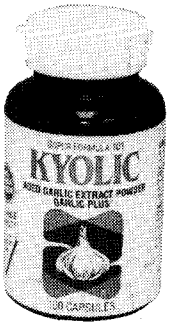

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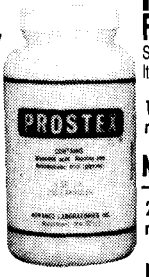

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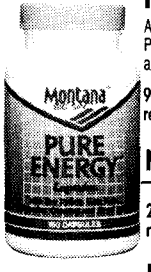

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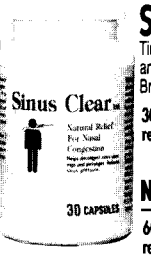

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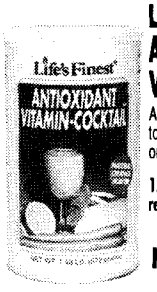

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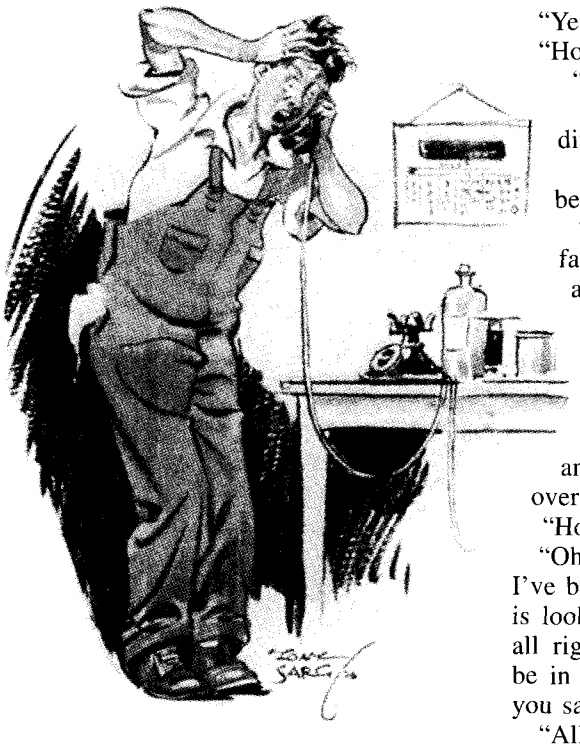

"He's been keeping a filthy cow in my beautiful trailer?"

she has to start her married life in a wretched $500 rolling junk pile, and with the whole town saying her husband is a cheapskate."

"Well, Vergil, I'll give you $600 for your trailer. That's what I offered last fall."

"Don't be silly, Joe."

"Seven hundred?"

"Why should I take $700, when I can get $1,500 by waiting till spring? Maybe I could even get $2,000."

"Would you take an even thousand, like you were asking last fall?"

"Certainly not."

"Well, maybe I might give you $1,100, but that's my absolute limit."

"Wait a minute, Joe. When you say $1,100, are you talking about cash right away?"

"Sure. As soon as I get the trailer, you get a check for the whole amount."

"Well, Joe, I'll tell you what I'll do. As long as you are a friend of mine, and as long as you are getting married—which, naturally, means a whole lot of extra expense and all kinds of trouble—I'll let the trailer go for $1,100 cash. If you'll meet me at the garage here at five this afternoon with your car, we'll drive out to Uncle Wilbur's, and you can hook right onto the trailer and take it away."

"You say this trailer is at your uncle's farm?"

"Yes. I've been storing it out there."

"How long?"

"About three months."

"Are you sure it's in good condition?"

"Of course. Why wouldn't it be?"

"Well, Vergil, you know what a farm is. If I'm paying $1,100 for a trailer, I don't want it all full of dirt and hayseed. And what if the chickens have been roosting on it all winter?"

"Don't you worry about that, Joe. It's in a good tight shed, and it has a canvas haystack cover over it. It's all protected."

"How long since you've seen it?"

"Oh, it must be two months since I've been out there. But Uncle Wilbur is looking after it. And I tell you it's all right. I absolutely guarantee it to be in just as good condition as when you saw it last fall."

"All right then, Vergil. I'll see you at 5:00. Good-by."

"Good-by, Joe, and don't forget to bring your checkbook."

Vergil started jiggling the hook on the telephone. When the operator answered, he put in a call for his Uncle Wilbur's farm on the Burlington road.

"Hello, hello!" he said excitedly, "Is this you, Uncle Wilbur?"

"No," said a placid feminine voice, "it's your Aunt Susan. This is Vergil speaking, isn't it?"

"Yes, Aunt Susan. Is Uncle Wilbur there in the house?"

"No, he's out around the barn somewhere. Is it anything important?"

"Is it important? I should hope to kiss a pig if it isn't important! Listen, Aunt Susan; I've sold my trailer! Joe Reynolds is buying it, and he's paying $1,100!"

"Well, that's very nice, Vergil."

"It's the most wonderful thing that has ever happened to me, Aunt Susan. It means I've got a real start in business at last. I'm a success. I want to thank Uncle Wilbur for letting me store the trailer in his shed. And I want you to tell him that Joe and I will be out about five this afternoon to get it."

"Maybe I'd better call your uncle and let you talk to him yourself."

"It will be a terrible blow if she has to start her married life in a wretched $500 rolling junk pile, and with the whole town saying her husband is a cheapskate."

"Don't bother, Aunt Susan. Just tell him I'm coming, so everything will be all right to take the trailer away."

"Maybe you'd better talk to your uncle yourself, Vergil. I'm not sure that the trailer is in shape to take away."

"It isn't? What's the matter with it?"

"Oh, there's nothing the matter with the trailer itself, Vergil. It's just that your uncle has got into a kind of a funny situation—and it's all his own fault too. I told him he ought not to do anything like that. But you know how stubborn he is."

"But what's the trouble, Aunt Susan?"

"Well, a couple of months ago, your uncle bought a rather valuable registered Jersey heifer, and he didn't want to keep it in the regular cowshed, because it's kind of damp and drafty in there."

"But what has that got to do with my trailer?"

"I'm coming to that, Vergil. Your uncle figured that the best place for this heifer would be the shed where your trailer was stored. But the trailer filled the shed so completely that there wasn't room for anything else."

"So he put my trailer out in the weather?"

"No, he said he had promised to keep your trailer inside."

"What did he do, then?"

"He decided that the only solution was to keep the trailer inside the shed, and keep the heifer inside the trailer."

"What? He's been keeping a filthy cow in my beautiful trailer?"

"Yes."

"For how long?"

"About two months."

"But, Aunt Susan——"

"You know how your uncle is, Vergil. He's something like you—always figuring out new inventions and Yankee tricks."

"But that trailer belongs to me, Aunt Susan. Uncle Wilbur should have asked me before he did anything like this."

"That's just what I told him, Vergil. But he said it would be better not to bother you. He was afraid you might worry."

"And why shouldn't I worry? Holy Moses! The whole inside of that trailer is probably ruined. Just think of what

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that animal must have done to all that delicate modernistic interior decoration."

"You don't have to worry about the interior decoration, Vergil. Your uncle got some matched boards and built a perfectly tight little box stall in the rear sitting-room compartment. And he put heavy roofing paper underneath and all around. So everything is protected."

"Are you sure?"

"Oh, yes. And your uncle had it figured out that when you wanted the trailer he would just take out the cow, knock the stall to pieces and take it out, air the whole thing out for a few hours, and maybe hang a little dried lavender around. Then nobody would know the difference."

"Well, Aunt Susan, I hope this will work out the way Uncle Wilbur thinks it will. You might ask him to start cleaning up right away, so everything will be ready when Joe and I get there at 5:00. I've simply got to put through this sale. My whole future depends on it."

"All right, Vergil. I'll tell your uncle to hurry all he can. But I don't know whether it will do much good. Because, you see, an entirely new problem has now come up."

"What do you mean?"

"Well, yesterday your uncle had a chance to sell the heifer to old man Nichols, the horse-and-cattle dealer, for $200. So he decided to take it over to Mr. Nichols' place before he could change his mind. But it couldn't be done."

"Why couldn't it be done?"

"Because, Vergil, your uncle has been feeding that heifer extra-heavy rations so as to get her into the best possible condition. And she has fattened up so much in the past two months that she won't go through the door."

"What door?"

"The door of the trailer."

"You mean Uncle Wilbur has got that fool cow inside my trailer, and he can't get her out?"

"That's how it seems, Vergil."

"But he's got to get her out! I have to deliver that trailer in first-class condition this afternoon, so I can get the money to pay my note at the bank tomorrow. If I don't, Mr. Smith is going to sue me, and get out attachments and everything, and I'll be ruined."

"Well, Vergil, your uncle is anxious about this, too. He wants to get that $200 from Mr. Nichols. So he has been working on the problem ever since yesterday afternoon."

"What has he done?"

"First he tried coaxing, and then pushing and pulling. But he had no success. So, late yesterday afternoon, he fixed up a sort of harness to go around the cow's rump, and hooked it to a block and tackle fastened to a tree across the barnyard. Then he greased the door jambs, put the hired man inside to shove and holler, and worked the block and tackle himself from outside. But it was no good. That cow has just grown too big for that door. And this morning your uncle is out there probably working on some new Yankee trick. He said he might have to take out the whole door frame."

"He'd better not. He doesn't know how that trailer is put together; he might ruin the whole rear end."

"Then maybe you'd better come out, Vergil, and attend to the job yourself."

"It would take too long, Aunt Susan. That door frame is all metal, and it's welded to the steel frame. Taking it out and putting it back would be a week's job. And I've got to deliver the trailer this afternoon. Probably the only thing to do is kill the cow, and cut it up, and take it

continued on page 69

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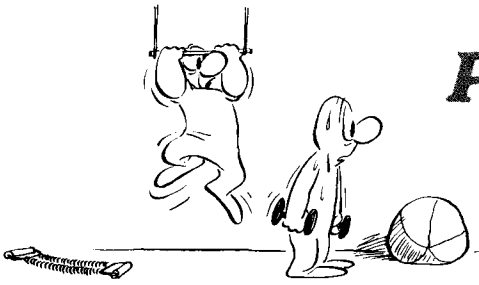

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The Smile of Spring

A golden sun wakes up the day
And sends the smile of spring
our way!
As warmer breezes begin to blow,
A daffodil dances in a patch of snow!
The birds are singing a brand
new song
So winter just sighs and moves along.

—Ericka Northrop

Trout Fisherman's Prayer

I hope someday to catch a trout
and perfectly honest be.
Tell its weight or thereabout
and not multiply by three.

—Arthur F. Ward

The Back Talks Back

"Talk to your body," they tell us.
"Treat every bone as a friend."
But what if our sacroiliac
Talks back every time we bend?

—Betty C. McAfee

Resting on Top

One fear common to most of us is that we'll be over the hill before we've reached our peak.

—Frank Walsh

Base Salaries

Loaded with talent or not,
There's a million reaon on end
Why a baseball player could say,
"Diamonds are a man's best friend!"

—Lawrence Kiley

Fund a Mentally Yours

Rose is/are read.
Vie or let's herb Lou!
U. R. the 1-4 me, Bay Bead.
Eye am the 1-4 U.

—Michael Meinhoff

Sweet Anniversary Song

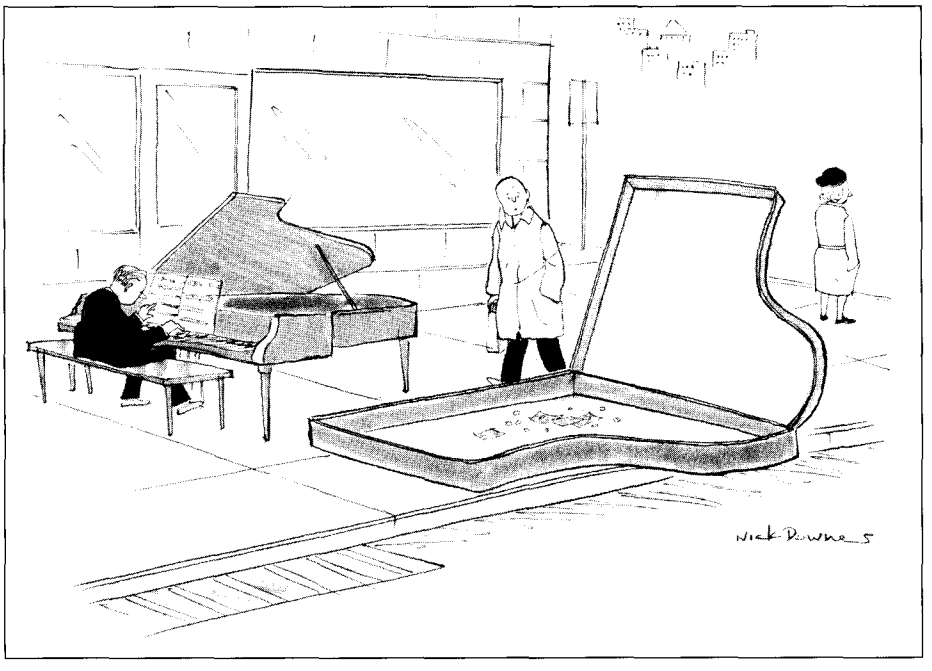
Each anniversary we count,
My love, one truth is clearer:
Not only do our pleasures mount,
They also become dearer.

—Don Marshall

The Price of Garden's Delights

To Spring, many songs have
been sung;
To its garden, sweet praises are flung;
But with pain in my back
And both legs out of whack,
Sweet Spring, not along, has
been sprung.

—Elizabeth C. Joines



Cutting the Cord

The shortest book,
The longest fable,
Never needs
Connection to cable.
Best of all,
For the likes of me,
Reading is
Commercial-free!

—Carl Kohler

No Latin Lover

The terms for plants botanical
I find too darn tyrannical!
Of course I can't luxuriate
With names that help infuriate!
In gardens where I find repose
A rose is a rose is a rose is a rose.

—Howard Kaufman

He'd Be Perfect If . . .

My husband is a sweetheart;
He tries so hard to please,
By always recognizing
My sensitivities.
He shares his inner feelings;
At this he is just tops.
But I really wish that he would
Just pick up his darn socks!

—Sandy Flanagan

Heavenly Fairways

On a particularly difficult par three hole, a golfer came upon this note attached to the flagpole. "Shots are made by fools like me, but only God could make a three."

—Paul Armstrong

Out of Order

If I'd known before it was done,
I'd have the order reversed;
For grandchildren are so much fun,
I should have had them first.

—Ramona Demery

Nature's Helping Hand

A neighbor lady leaned over my fence one day and remarked, "How beautiful your flowers look. You must have two green thumbs."

"No," I replied, "only ten dirty fingers."

—Carol B. Hughes

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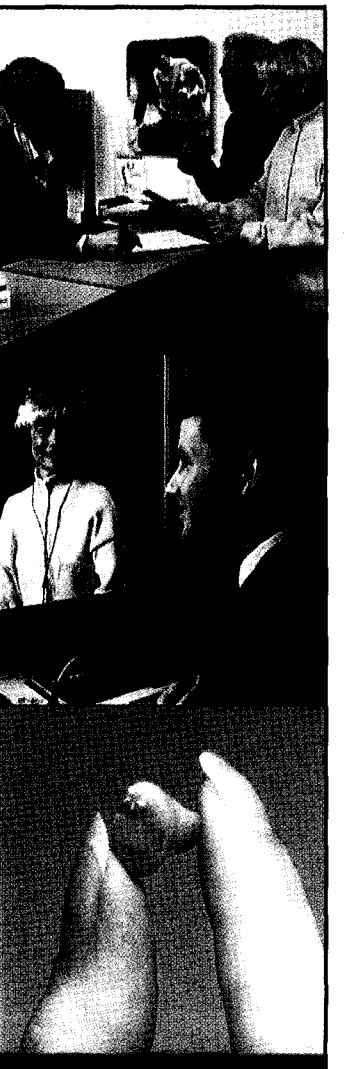

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NORMAN ROCKWELL ANNIVERSARY ISSUE

A BRUSH WITH DESTINY

His secret ambition to do a cover for The Saturday Evening Post *was young Norman Rockwell's greatest challenge.*

Pleased with his first attempt to fulfill a secret ambition "to do a cover for the *Saturday Evening Post*," Norman Rockwell proudly showed the beautiful ballerina painting to Clyde Forsythe, his closest and most encouraging friend.

"C-R-U-D!" shouted Forsythe. "Terrible. Awful. Hopeless. She looks like a tomboy who's been scrubbed with a rough washcloth and pinned into a new dress by her mother." Then, picking up one of the illustrations Rockwell had just completed for *Boy's Life*, he said, "Do that. Do what you're best at—kids."

So Norman Rockwell did kids. For 55 years, he did more than 300 covers for the *Post*, first realizing his secret ambition with the May 20, 1916, *Post* and painting his last cover in 1971. However, that first cover was not served to him on a silver easel.

Nor did his talent descend from any traceable source. Rockwell's father had sometimes copied drawings for his own amusement; his grandfather had hoped to be an artist, but had ended up as a house painter. In appearance, Norman Rockwell was small for his age and had to wear glasses and corrective shoes. Adelaide Klenke, a friend of the family, once told him, "Norman, you have the eyes of an angel and the neck of a chicken."

At age 14, Rockwell began making weekly trips from his childhood hometown of Mamaroneck, New York, to New York City for art classes. In the middle of his sophomore year, he put high school behind him and turned to art school full time. Evenings, he served as a nonsinging "spear carrier" at the Metropolitan Opera, work he found easy and pleasant—except for the time he was expected to lift the "fat lady" who outweighed him by many pounds.

By age 18, he retired from such jobs and became a full-time professional, supporting himself as an illustrator of children's books and magazines. Yet, no amount of success could equal that one goal of doing a cover for *The Saturday Evening Post*, in those days America's greatest show window for an illustrator.

"I used to sit in the studio with a copy of the *Post* laid across my knees," Rockwell once wrote. " 'Must be two million people look at that cover,' I'd say to myself. 'All looking at that cover.' And then I'd conjure up a picture of myself as a famous illustrator, surrounded by admiring females, and being wined and dined by the editor of the *Post*, Mr. George Horace Lorimer."

What worried Rockwell most was that Mr. Lorimer wouldn't like his work, and that the great editor's influence would put the damper on his work with the kids' magazines and the pulps. Thus, he feared, he would end up "doing wrappers for penny candies."

Only when a friend finally convinced him that he was as good as anyone did a reluctant Rockwell take two paintings to Philadelphia to show to the *Post* editors. All the way up the broad steps of the Curtis Publishing Co. building, he later recalled, "All I could think of was what Adelaide had told me about having the eyes of an angel and the neck of a chicken." He almost turned around.

Had he done so, those two paintings would not have been bought for the handsome sum of $75 each, nor would three other sketches have been approved. Those two million *Post* readers would have had to look at candy wrappers to see a Norman Rockwell illustration.

Which of his more than 300 covers were the most beloved? Ben Hibbs, longtime *Post* editor, claimed "Homecoming Soldier" to be the greatest magazine cover ever published. Art editor Ken Stuart voted for "The Gossips." As for the general public, "The Doctor and the Doll" ranks No. 1.

We hope you will find your favorite Rockwell in the following pages as we celebrate Norman Rockwell's 100th birthday year. ▲ —*Maynard Good Stoddard*

Of Rockwell's more than 300 Post covers. "The Doctor and the Doll" ranks most popular with the general public.

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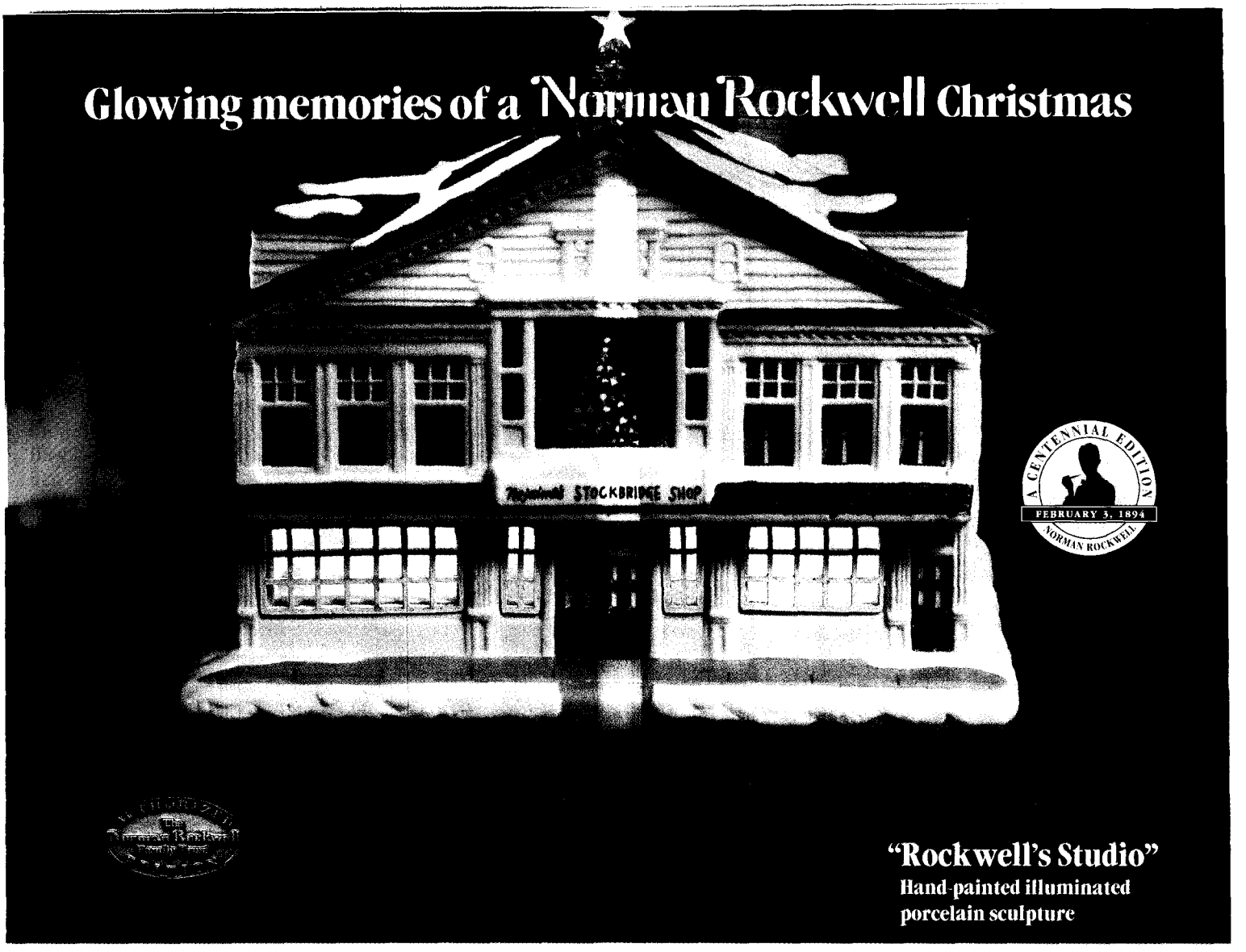
Glowing memories of a Norman Rockwell Christmas



"Rockwell's Studio"
Hand-painted illuminated porcelain sculpture

Come home for Christmas with Norman Rockwell, to the picture-postcard village he made famous in his classic painting. Come home to Stockbridge, Massachusetts.

Now you can recreate the charm and beauty of Rockwell's masterpiece in your own home, with the *Rockwell's Christmas in Stockbridge* illuminated village.

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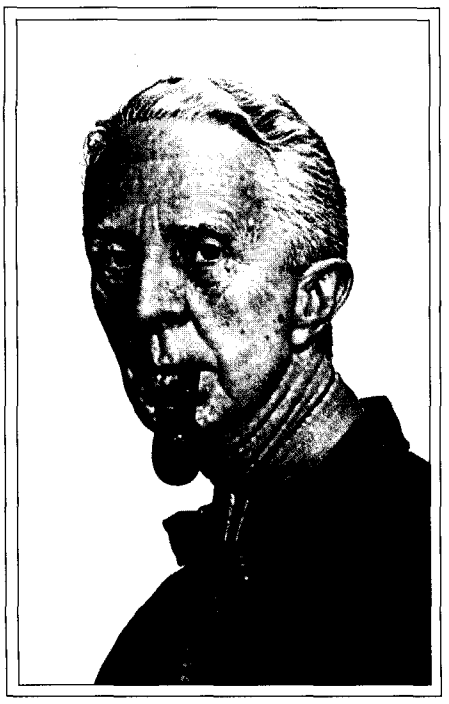

America is celebrating the 100th anniversary of Norman Rockwell's birth, and his adopted hometown of Stockbridge, Massachusetts, is ready with a brand-new 38-acre museum complex dedicated to the memory of the country's most beloved illustrator.

NORMAN ROCKWELL'S LEGACY

He captured in ways no one else has how America was, and how a large part of it wants to be.

by Landrum Bolling

Nostalgic old-timers, romantic young couples, capering children, and ever-present, camera-wielding tourists—all can be found flocking daily to the new, classical revival-style, two-story building located near Stockbridge, Mass. Since opening its doors last spring, it has become a popular place of pilgrimage in the rolling Berkshire Hills of western Massachusetts.

From the very first day, to no one's surprise, the Norman Rockwell Museum has been a box-office success.

In the famous Old Corner House at the corner of Main and Elm, where the museum planted its roots two decades ago, Norman Percival Rockwell's art has repeatedly proved its long-established popular appeal. From before World War I to the 1970s, Rockwell (born 100 years ago Feb. 3) drew and painted thousands of images that told the stories of Americans, many kinds, ages, and sizes—and the story of America as he saw it.

"Without thinking too much about it," he once said, "I was showing the America I knew and observed to others who might not have noticed." He pictured ordinary people and their daily lives: barbers and elementary school teachers, family doctors and plumbers, fishermen and baseball players, piano tuners and steeple clock repairmen. He portrayed lovable grandpas and grandmas, awkward teenagers and starry-eyed young lovers. All-

Author Landrum Bolling joins other Rockwell admirers at the new Norman Rockwell Museum, located just outside the town of Stockbridge, Mass. The museum houses the world's largest collection of original Norman Rockwell paintings and memorabilia.

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Visitors to Stockbridge find Main Street little changed from the scene Rockwell painted nearly 27 years ago. Look closely at his townscape, displayed in the Museum's main corridor, and you can see the window of the artist's first studio from which he spotted numerous *Post* cover models.

American soldiers and sailors—and kids. Lots of them: shy, bossy, embarrassed, fidgety, cuddly, and full of mischief. Kids smiling and kids crying—and kids trying to grow up faster than allowed.

There was often a humorous twist to the story, but never a cruel put-down. There was celebration and good, clean fun, but no glitzy self-indulgence. Rockwell portrayed America as a place of friendly, helpful, caring neighbors: people who loved parades, Thanksgiving dinners, Santa Claus, poignant homecomings, and grace before meals. Most people think he got it right.

Critics say this proves people have an insatiable yearning for an America of their dreams—a folksy, innocent, happy land that is, as one put it, "long gone and, in truth, never was." Art scholars, sociologists, professionals, and amateurs expressed such opinions about Rockwell's popularity while he was still living—and sometimes added loftily that he really wasn't a true, serious artist. Other artists and social scientists disagree. If nobody loved him but ordinary people, many surely did—and still do. He helped them smile and feel good about life.

Stockbridge didn't start out to create a museum for Norman Rockwell, its most famous citizen, but in the end it had to. In 1967, one group of citizens concerned about the demolition of one of Main Street's oldest houses organized to save the building. In 1969, they turned the refurbished building into the Stockbridge Historical Society Museum. Rockwell and his wife, Molly, joined in the fund-raising drive and agreed to lend some of his paintings to the various artifacts collected over many years by the local library.

Soon it was clear that all those people coming to the Old Corner House museum weren't there to gaze at the Stockbridge memorabilia. Word spread that this was the place to get a good retrospective of Rockwell's paintings, drawings, posters, and *Saturday Evening Post* covers, as well as his most famous series, the Four Freedoms (1943).

In 1973, Rockwell turned over his personal art collection to the museum in trust; three years later, he included his converted barn-studio and its contents. In 1978 he died. Year by year, attendance increased. By the end of its first decade, one thing had become clear: this was really "The Norman Rockwell Museum." With the number of visitors moving beyond 100,000 a year (and only one public toilet!), the Old Corner House couldn't cope with the crowds.

The 1980s brought intensive fund-raising, property acquisition, architectural planning—and lively community controversy. Some Stockbridge residents didn't want their museum to move out of the village. Some neighbors feared an ever-increasing flood of museum visitors would produce traffic on their back country roads. Bitter arguments about zoning regulations erupted. After a thoroughly organized political campaign, a heavily attended town meeting, the largest on record, voted three-to-one in favor of a new museum location.

Linwood, the former Butler estate on State Route 183, was the chosen site. Its stone manor house, built in 1859 in the grand Hudson River style for a New York lawyer, was one of the Berkshire Hills' "summer cottages" dotting this beautiful upland region. The old house, screened from the new museum by a row of tall evergreens, has been restored and refurnished to serve as the museum's administrative offices. Nearby stands Rockwell's well-used red barn studio with its tall, north-light, glass wall, moved here from the center of Stockbridge village. His artist's props, easels, brushes, supplies, and wall decorations are much as he left them. He might have just stepped down the street to the Red

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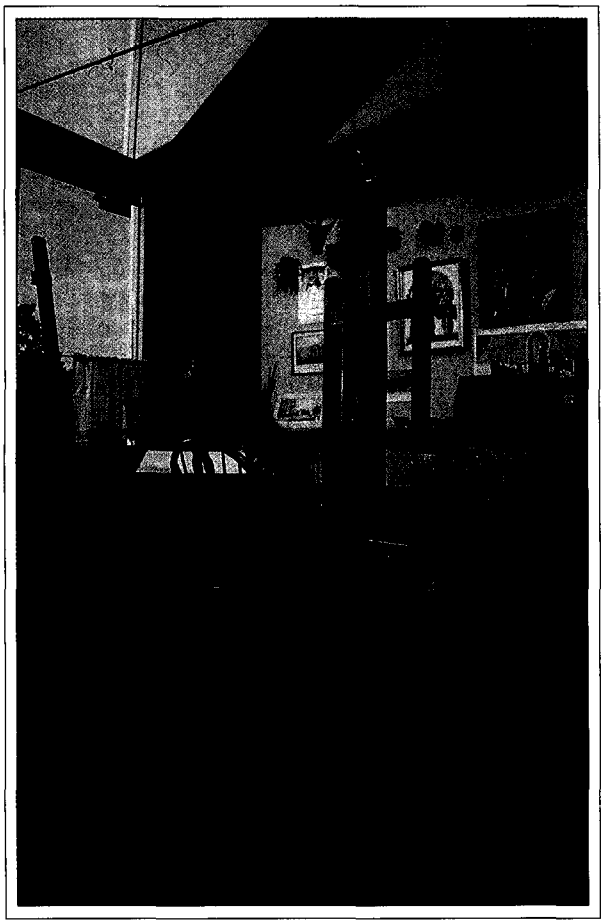
Rockwell could not resist poking fun in his paintings, especially at himself, as in the masterful triple self-portrait on permanent display in the "My Life as an Illustrator" exhibit. Here a collection of some 60 paintings outline the artist's six-decade career.



Norman Rockwell's presence is most strongly felt in the artist's backyard studio where props, easels, brushes, supplies, and wall decorations remain much as he left them. The converted carriage house where he painted many of his most famous works was moved to the new grounds from its original site in central Stockbridge.

Lion Inn for a Thursday lunch with his cronies, as was his custom.

The central focus of the 36-acre "campus" property is the gleaming white, new museum building. Reminiscent of a New England town hall, it faces a generous expanse of grass, suggesting the simple setting of a village green. Four modest wooden columns frame the entranceway. A cupola rises above the pitched roof lines at the center of the building, providing top lighting for the main gallery. Inside are a generous reception area, a giftshop-bookstore, and interconnecting galleries that exhibit nearly 150 of the roughly 500 Rockwell works owned by the museum.

Rockwell was highly productive. The two-volume, 1,200-page *Norman Rockwell: A Definitive Catalogue*, authored by museum director Laurie Norton Moffatt, lists his creative legacy—more than 4,000 original works. Many were commissioned by commercial and industrial firms for advertising and promotional purposes and later sold or given away to company executives. Several hundred items are in the hands of art dealers. Offered at auction, a good original brings anywhere between $150,000 and

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$300,000. Despite the art world's mostly disdainful treatment of Rockwell, his paintings hang in such renowned galleries as the Metropolitan Museum of Art, the Brooklyn Museum, the Corcoran Gallery, the Los Angeles County Museum of Art, the Smithsonian Institution's National Air and Space Museum, and the National Portrait Gallery.

The Stockbridge collection, begun with items loaned and given by the Rockwell family, has increased with numerous additional gifts and bequests. The largest group of acquisitions, however, came through purchases financed by an endowment fund of about $2 million, mostly generated by the sale of artist's proofs. Preserved by the latest techniques of climatic controls, the permanent collection grows as the museum receives more donations.

Even now, it is not possible (or desirable) to exhibit all the holdings at one time. Special shows are being planned around themes related to Rockwell's evolving career and shifting interests. Some will become traveling exhibitions, shared with other museums. The first, scheduled this summer and fall, has been developed with the Delaware Art Museum of Wilmington. It also deals with the works of Howard Pyle, another of this century's most honored magazine illustrators.

The museum is currently presenting a far-ranging review of Rockwell's life and work, some portions of which will be on permanent display. Chief among these is "My Adventures as an Illustrator" (also the title of his autobiography), an exhibition of more than 60 paintings representative of Rockwell's six-decade career and a variety of photographs and personal artifacts. Quotations from his writings, attractively placed, reveal the dimensions of his personality and mind.

Three connecting galleries house "From Idea to Illustration," an exhibition depicting work processes Rockwell used to explore a possible project: rough pencil sketches, photos, charcoal drawings, color studies, and finished paintings. It provides an impressive lesson in the meticulous care Rockwell took to achieve his finely detailed effects.

The museum also gives special attention to his long association with The Saturday Evening Post. At age 22, he made his first *Post* cover sale for the May 20, 1916, issue: "Two boys in baseball uniforms scoffing at another boy who was dressed in his Sunday suit and pushing a baby carriage," as Rockwell described it. On June 3, the *Post* carried its second Rockwell cover. (In his words: "A kids' circus, one kid in long underwear as a strong man, another in a top hat as barker, others as spectators.") The *Post* paid $75 for each painting. During the following 12 months, young Rockwell sold five more cover pictures to the *Post*. His career was well-launched; he was on his way to fame and fortune.

"Freedom of Worship" was the second in Rockwell's famous Four Freedoms series of 1943, collectively his most ambitious and noteworthy work. A nationwide tour of the paintings induced Americans to buy nearly $133,000,000 worth of war bonds.

By his assessment, "The cover of the *Post* was the greatest show window in America for an illustrator. If you did a cover for the *Post*, you had arrived." Another time, he wrote: "The *Post* meant a great deal to me; it was the only outlet, really, for the kind of work I liked to do best."

It is an exaggeration to say, as someone once did, that the *Post* made Norman Rockwell, and Rockwell made *The Saturday Evening Post*. However, Rockwell and the *Post* did help each other. They shared the golden age of the general-interest magazine, before television and the flood of localized, regionalized, and specialized magazines drastically altered the periodical market. Both profited greatly from the association. During those years, Rockwell did 320 paintings for *Post* covers that established him as the top magazine illustrator of the world. They also made him a wealthy man.

continued on page 74

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The American Illustrators Hall of Fame

HAPPY BIRTHDAY, NORMAN!

Although Norman Rockwell painted in the limelight for many years, he would be both surprised and humbled at how his legacy and his legend have grown since his death in 1978. Because this year marks the 100th anniversary of the birth of this legend, it's time to celebrate.

In putting together a tribute to the noted illustrator, we learned early on the impossibility of selecting a sampling of his *Post* covers that will please everybody. When dealing with a body of work as diverse and excellent as Rockwell's, personal favorites will invariably be excluded. For this we apologize.

Norman Rockwell was a storyteller as well as a master illustrator, and his covers continue to be treasured not only for telling a story, but one that is unique and universal. He explained that he painted life not as it is, but as people think it is.

Today, his many admirers want to believe that the past *was* as good as he painted it. Not that Rockwell was out to deceive us; he only wanted us to realize that the potential was—and remains—ever present.

People have come to refer to an idyllic situation as being "right out of a Norman Rockwell painting." If one thinks about it, no other painter (and few other individuals) has ever been thrust into the vernacular in such an esteemed manner. It is fitting that such an honor be bestowed on the individual who so accurately celebrated the common man.

Happy birthday, Norman. ▲

Mother's Day Off: Rockwell's first cover for the *Post*, depicting this chagrined boy perambulating a baby sibling past his bantering buddies, appeared on May 20, 1916. We wouldn't want to be in their shoes the next time they meet.

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The only thing worse than not being in on the latest gossip is being the subject of it. Being from a small town, Rockwell wisely made himself the center of attention on this March 6, 1948, cover depicting the speed at which juicy news travels.

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After a few hours of bathroom plumbing, a couple spritzes of toilet water from a different source will certainly be appreciated when the recipient arrives home.

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The census taker patiently waits while the brood's mother tries to remember offhand the number of children she is feeding, clothing, scolding, etc. But after a half-dozen kids or so, who keeps count?

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There are books so absorbing they just can't be put down. Then there are books you can't put down or even turn a page because a slow-reading interloper has gotten himself caught up in the plot.

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Rosie the Riveter was Rockwell's salute to women for their contribution during WWII. Unable to locate an angel for his model, he did the next best thing and based Rosie's pose on Michelangelo's Isaiah in the Sistine Chapel.

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The boys not only have lost their marbles, their egos are also in jeopardy because this pigtailed competitor has knuckled down to prove that girls are more than sugar and spice.

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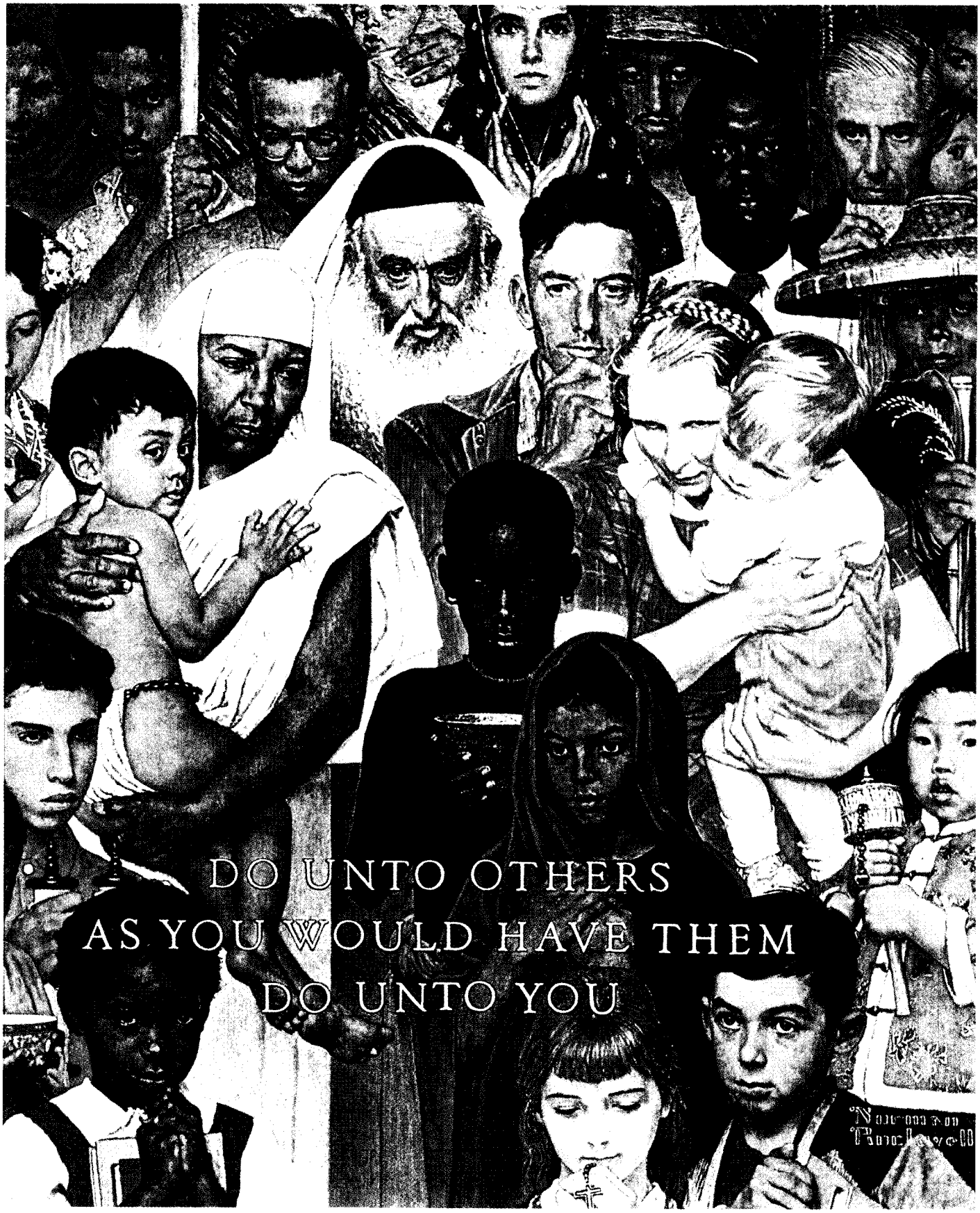

Inspired by the thought of the Golden Rule solving the problems of all mankind, Rockwell included it in his painting commemorating the founding of the United Nations.

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. . . AND NOTHING BUT

Collared with remembrances of past triflings with the truth, the accused feels his shirt collar suddenly tightening and heads for Wal-Mart to buy a larger size.

by Maynard Good Stoddard

Illustrated by Don Trawin

"Why don't you enter the liar's contest this year?" my dear wife said to me, having just finished proofreading my latest brilliant literary effort. "I believe it's held somewhere in Wisconsin."

"Whatever for?" I asked, batting my big brown innocent eyes. "I may occasionally take a few liberties with the truth, but I'm certainly not what you could call an out-and-out liar."

"No? How about your aunt who contracted tuberculosis from licking Christmas seals? Or that other aunt—Prunella, wasn't it?—walking home from Wednesday night prayer meeting who was run down by a rusty police car and died of lockjaw? All true, I suppose."

"You've heard of hearsay? That's what I heard say."

"And I suppose it was hearsay that one of your nephews drowned in a watermelon-eating contest?"

"Correct."

"How about the uncle during the Great Depression who had to take a job sitting behind the front window of an Italian restaurant eating spaghetti and meatballs from 10:00 a.m. to 5:00 p.m.—with an hour off for lunch?"

"I think you made that up."

"I can look it up, if I have to. As for your grandfather breaking his leg falling over the pattern in your living room carpet. . ."

"The next time I buy shirts, remind me to get a larger collar."

"Then there was that trash about everyone at our wedding throwing rice except for my mother, who threw a tomato. Practically ruined your brand new sweatshirt."

"Okay, so she missed. But it was close."

"And your dog that treed a moose."

"I didn't say he treed a moose. I said he barked *as if* he'd treed a moose. You can look that up, too."

"How about the stuff of your digging a trench to drain the basement into the pond and, instead, you drained the pond into the basement."

"I never did get credit for at least trying."

"You know what I think? I think you've got a hole in your ozone layer. Your parents giving you a pet lamb that was allergic to wool—of all things!"

"Itchabod, I called him. Never could catch the little feller."

"I suppose that included in your hearsays is that crud about your cousin."

"What crud about what cousin?"

"The crud about the cousin twice removed—removed once to Leavenworth, the second time to Sing Sing. The one released from Sing Sing a few days before Christmas who stopped off in New York City to pick up a few gifts for the folks back home. The one who fractured three vertebrae and ruptured his spleen falling down a flight of hotel stairs with an armload of Gideon Bibles."

"Oh, *that* cousin."

"And how about that cousin's twin brother?"

"I didn't know he had a brother."

"Probably didn't. But that couldn't stop you from shooting off your big fat typewriter about what a hog-wild deer hunter he was. How he finally bought a house on 40 acres in northern Michigan—where deer played on his lawn through the summer, ate up his garden, and rubbed against the posts on his front porch until the posts finally fell.

"Come opening day of the hunting season, as you likely heard say, he strolled out after breakfast to bag the biggest buck, only to find nothing but fence-to-fence deer hunters. Not a deer in sight."

"I vaguely recall hearing that."

"And do you recall that after not sighting a deer the entire two weeks, on the evening before the deadline, he went into town, bought a set of deer antlers and a deer call, and stopped at a neighbor's to borrow a moth motel that at one time had served as a raccoon coat?"

"That's possible."

"But here the crud thickens.

"According to your vague recollection, early the final morning found him back on his favorite runway, where he strapped the antlers to his head, ran the barrel of his rifle down a sleeve of the raccoon coat, squatted down beside a stump, and then began blowing on the deer call.

"At the funeral, perhaps you'll recall, you first met your Aunt Flossie, who was sitting in a wheelchair, her hair a frizzled white from having inadvertently turned on her electric blanket while eating watermelon in bed. Or so you were told, I suppose."

"I must have been told

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that, of course. I certainly wouldn't have made it up."

"Can you say that about the pumpkins you were raising on a milk diet, and the vines went across the fence and milked your neighbor's cows dry? Or the glass eye you found in the tapioca?"

"I'm always the one who gets the pit in the cherry pie and the pebble in the baked beans. You know that."

"And the hole in the ozone layer. Getting your head caught between the boards while nailing up the board fence! Really! And knocking your seatmate across the airplane aisle while trying to open your packet of peanuts! And your nearsighted golfing partner who came into the club dance wearing a divot in place of his toupee. I just don't know."

"It was getting dark and he had swung so hard heading into the final hole that his rug had come off. I believe I cleared that up satisfactorily."

"You didn't even try to clear up that stuff about your door-to-door selling. How the woman ran out to hold her charging wolfhound and her little kid bit you in the leg."

"I carried the scar for years."

"You've also carried all that nonsense about what your Aunt Flossie expounded on while you were waiting for the serviceman to come and change the flat tire on the hearse."

"On the contrary, I don't remember that at all."

"According to her, according to you, your Uncle Quonse was the only one in your entire lineage to experience even a trace of good luck.

"His full name, you may vaguely bring to mind, was Quonset, after the Quonset hut, the long, low building erected as temporary shelter during World War II. Uncle Quonse's head had the same long, low shape. As you supposedly were told, two weeks before he was born, his mother had run into a mailbox. Prenatal influence, someone else had pointed out."

"I don't remember exactly who that was. . . . Are you sure you didn't shrink this shirt the last time you laundered it?"

"It hasn't been laundered. That's the shirt you got on sale as a Slight Irregular. All I did was cut off the third sleeve.

"As for the rest of your hoopla about Uncle Quonse: Unable to scratch out a living on his acreage of rocks and clay, he had taken a job as punch press operator at the South Fisher Body Plant in nearby Flint. Three days is all it took for him to routinely trip the press before removing his finger, and the press had accommodatingly removed it for him. A second surprise came in the form of an insurance check for the handsome sum of $500. He had immediately quit and gone back to farming. Do these exact words stir your memory buds?"

"This shirt collar is killing me."

"Droning right along, when Uncle Quonse saw how well that insurance thing worked out, he immediately took out a policy sponsored by *The Flint Daily Journal*. For 25¢ a week, it covered all accidents on the farm. Again I quote, 'The very day that policy went into effect, darned if Uncle Quonse didn't back over his wife with the manure spreader.' "

"I'm sure I would never put anything like that in print."

"You can't deny saying that even *his* luck ran out eventually. You claim Uncle Quonse got religion, as you used to say in Michigan, and he was drowned in the Flint River while being baptized."

"It's possible."

"You're out of your gourd."

"How about if the preacher said he couldn't be baptized with his hat on? And Uncle Quonse telling him he wasn't going to take it off? And the preacher saying yes, he was? And Uncle Quonse replying, 'Not in that cold water'? And the preacher saying he'd see about that? And in the struggle, Uncle Quonse stepping out too far and the current taking him?"

"And are you still of the opinion that the baptism was a success, because the preacher managed to save Uncle Quonse's hat?"

"I'll give it more thought on my way to Wal-Mart. I've got to get some 16½-inch collars. I can hardly breathe in this thing." ▲

"Whatever for?" I asked, batting my big brown innocent eyes. "I may occasionally take a few liberties with the truth, but I'm certainly not what you could call an out-and-out liar."

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Dr. Raymond V. Damadian, inventor of MR scanning, with history-making prototype named *Indomitable*, used to make the first MR image of a human on July 3, 1977. The machine is now on permanent display at the Smithsonian Institution's Hall of Medical Sciences.

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THE STORY OF MRI

Physicists said it was beyond what the theory of physics would allow—a machine that could scan the entire body, hunt down cancer, and provide images of all the body's organs.

by Raymond V. Damadian, M.D.

When I first began developing the MR (magnetic resonance) scanner in 1970, I would meet new people and they would ask, "What is it that you do?" After explaining that I was working on a new invention that would someday scan the entire body noninvasively, hunt down cancer deposits, and provide scans of all the body's organs using radio signals and magnets, they would commonly respond by saying, "Yeah, sure."

Years later, there are approximately 4,000 MR scanners installed worldwide, and it has become a multibillion-dollar industry and a world-famous technology. I still meet new people, and they still ask what it is that I do. Now I tell them that I have invented the MR scanner. They still say, "Yeah, sure"—and one chap added, "And my uncle's President of the United States."

So you see, looking at it from the inventor's side, it's "Yeah, sure" when he starts and "Yeah, sure" when he's finished, and from his perspective, nothing's changed.

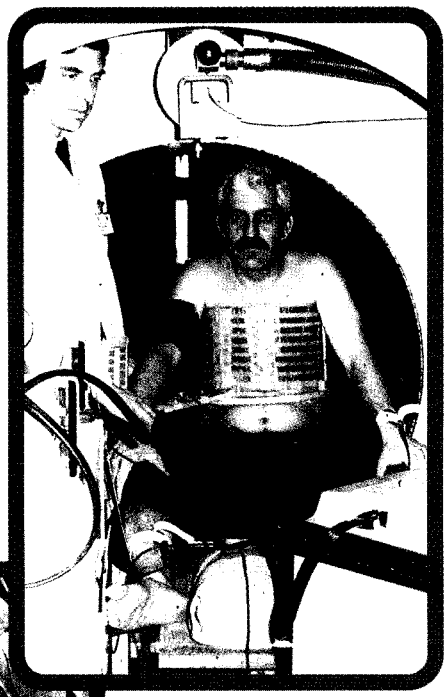
The MRI (magnetic resonance imaging) story itself begins with the first time I ever saw a NMR (nuclear magnetic resonance) machine [a precursor to MRI]. My colleague, Dr. Freeman Cope, called me in 1969 when I was still a young professor engaged in active research at the State University of New York (SUNY) Health Sciences Center in Brooklyn. He said, "Let's team up and use the NMR machine to make the first measurement of potassium in tissue by NMR." My job was to acquire bacteria from the Dead Sea called halophiles that had 20 times the normal complement of potassium and that would give the experiment a chance at succeeding. Freeman's job was to run the NMR machine. He had borrowed some time on a machine at a small manufacturer outside of Pittsburgh.

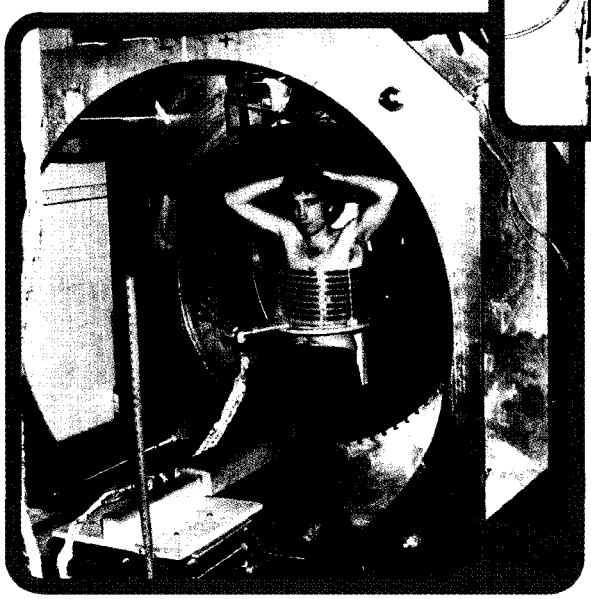
To our mutual delight, the potassium signal popped up on the oscilloscope screen the instant we put the bacteria into the machine. We were happy, but I was awed by something else. I observed with considerable excitement, "Good Heavens, Freeman, this machine is doing chemistry entirely by 'wireless electronics.' " A few days later, still awed by the technology, I said to Freeman at breakfast, "If you could ever get this technology to provide the chemistry of the human body the way it does for the chemist on a test tube of chloroform, you could spark an unprecedented revolution in medicine."

I proposed detecting cancer with it. Freeman—envisioning giant magnets, people inside of them, radiofrequency antennae wrapped around them—considered the idea too wild even for his fertile imagination, but I was hooked. When he asked how I would go about it, I proposed that I felt confident from my salt-and-water research that the water NMR signal of cancer tissue would be different from normal, and that if this proved true, we could build a scanner around those signals and use them to hunt down cancer deposits in the human body.

I think he agreed that this might be correct, but he wasn't too enthused

Painless and noninvasive MRI makes possible incredibly detailed imaging of blood vessels, blood flow, cartilage, bone marrow, muscles, ligaments, the spinal cord, and fluid in the brain and spine.





Wrapped in a cardboard antenna, Dr. Damadian (above) played guinea pig for the first human MRI scan, which failed because he was too large. Later, a slimmer Larry Minkoff (left) was coaxed into the experimental machine for the first human heart and lung scan.

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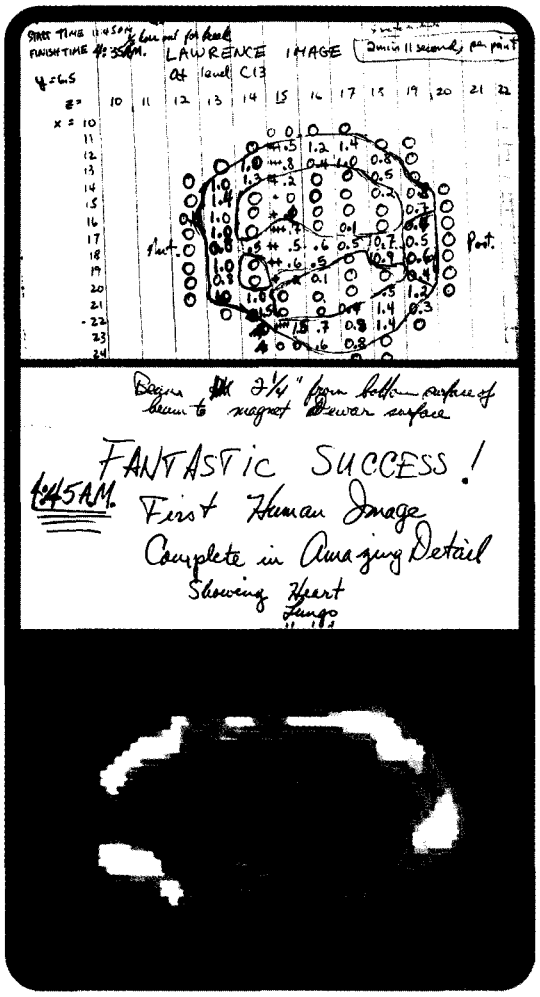
about proceeding on such a heroic venture that would take, as he put it, "ten years to convince someone it was sane."

Obsessed with the idea of a scanner that could noninvasively explore the human body for cancers, I returned to my teaching position at SUNY and began immediately to round up rats with tumors in them. Step One for the scanner idea, I decided, was to show for sure that the NMR signal could distinguish between cancer and normal tissue.

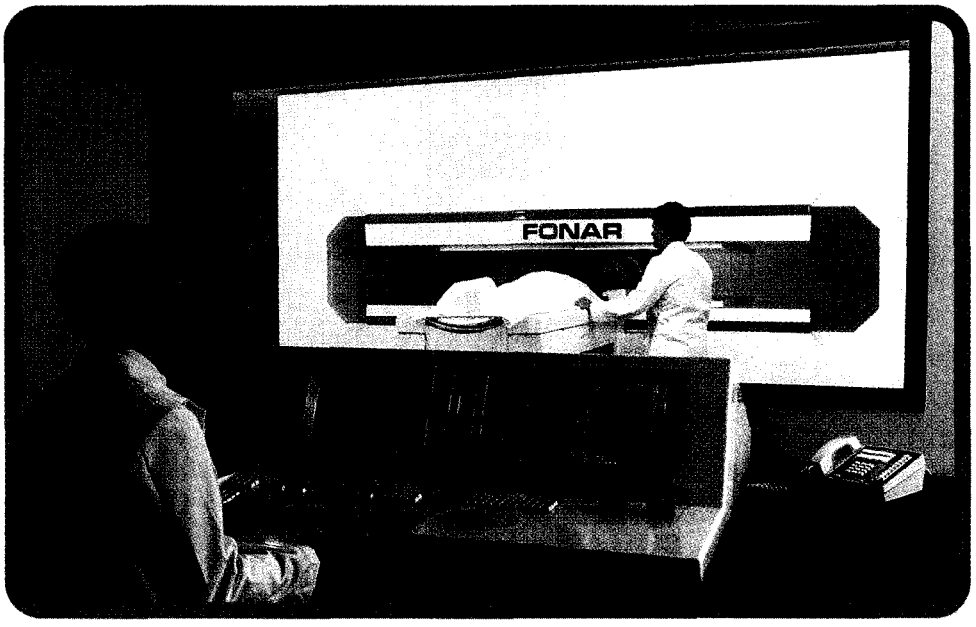
With a collection of tumor-bearing rats fixed securely in the trunk of my car, I made off for Pittsburgh and the NMR Specialties Company where Freeman and I had done the potassium-bacteria work.

After a few days of measurements in the different normal rat tissues, I decided to attempt the cancer measurement. To my mind, this was the measurement that would make or break my MR body scanner idea. I needed that abnormal cancer signal if there was to be any hope of a human scanner that could hunt down cancer deposits in the body. I held my breath and made the first measurement. It was different—dramatically different!

Now I feared it was too good to be true and that I had made the measurement improperly. I repeated it and repeated it, each time getting the same result as I reexamined and tested my method on standard solutions to certify that I wasn't fouling up. Eventually, I concluded I wasn't.



A page from Michael Goldsmith's notebook records the first human MRI scan of Larry Minkoff's chest. The dot chart of the initial readings is followed by Dr. Damadian's jubilant notation. Below is the computerized image.



Unlike x-rays or CT, MRI does not use ionizing radiation. Images are produced by measuring the realignment of hydrogen atom nuclei when passed through a strong magnetic field.

The patent for the full embodiment of the first MR scanner was filed in 1972 and issued from the U.S. Patent Office in 1974. It was the first description ever of a machine based on NMR for detecting disease tissue in the live human body.

With publication in hand and the patent issued, it wasn't long before the idea of the body scanner was attracting advocates and detractors. Theoretical physicists claimed to have done calculations demonstrating the idea was beyond what the theory of physics would allow. Apart from confounding the funding sources who didn't want to finance something that couldn't be done, the claim of the theorists proved amusing to us—indeed, a challenge. How often in scientific history does a group of experimentalists like us get an opportunity to do something the theorists say can't be done? We relished that chance. We proceeded to the first step: trying to make the first successful scan of a tumor in a live mouse. This we achieved in 1976.

More success brought more challenges. Chemists, who themselves had amassed more than two decades of NMR experience measuring the NMR spectra of small chemical samples that were spun at around 10,000 rpm, would ask at conferences upon hearing the body scanner idea, "Now, Doctor, how fast do you propose to spin the patient?"

We survived the pundits, though, and managed to convince enough people that the idea had sufficient merit to warrant some funds, at least to build the first human-size scanning machine. Ken Olson, the prescient director of the National Cancer Institute (NCI) Diagnostics Division, caught the vision and became the inside champion at NCI for the MR scanner. Construction of the first MR machine, which we named *Indomitable*, commenced in January 1976. By May 1977, after many fits and starts in completing the welds on the cryogen apparatus and in obtaining the 10^{-9} torr [a unit of pressure necessary to support one millimeter of mercury under standard conditions of temperature

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At a White House ceremony in 1988, Dr. Damadian received the prestigious National Medal of Technology "for his independent contributions in conceiving and developing the application of magnetic resonance technology to medical uses. . . ."

and atmospheric pressure] vacuum needed for the magnet, our homemade 5,000 gauss niobium-titanium liquid helium superconductor (operated at 500 gauss) was complete and ready for testing.

After performing scans on the full *OSCAR FAMILY* (a series of containers of different sizes containing nickel-doped water and artificial air sacs to simulate lungs), we were ready to attempt the first live human chest.

Here, we had an unexpected problem. No one would get into the magnet. It was finally agreed that the person who most deserved this moment of glory—and also the chance to prove that magnetic fields, when combined with radio fields, were not fatal—was the silly fool who thought up the idea in the first place. I was elected.

As the project director, I had more privileges than the ordinary sample. I could see to it that I had a willing cardiologist on hand, a blood pressure monitor, a defibrillator and shock paddles, an EKG machine (connected), an EEG, plus an emergency code team equipped with oxygen and a stretcher to deal with the unexpected. The emergency code team left after the first 15 minutes of the scan for the lack of their usual adventure.

The problem with the scan, however, was that it didn't work! All we got for our 18-month effort of building *Indomitable* was a normal EKG. Mike Goldsmith, Larry Minkoff, and I were sadly disappointed with this result. MR scanning had failed us. Our critics were proved right. It couldn't be done. We didn't relish the prospect of delivering the evidence that proved we were, in fact, the fools they had agreed we were all along.

Mike Goldsmith provided the first hypothesis to explain the failed experiment. I was simply too fat for his radiofrequency coil, he said—"a regular oven stuffer," as he put it. The antenna coil Mike had built to wrap around my chest to pick up my body's NMR signals was too small. The largest one Mike had been able to build, up to that point, and still get a signal was 14 inches in diameter. As far as Mike was concerned, I was loading the impedance of his antenna "mercilessly" and we'd never get it to work. We needed a *smaller* sample!

Larry Minkoff was perfect. He was thin and an inch smaller than me all around. The problem was, he wouldn't get into the scanner.

After several frustrating weeks of trying to get bigger coils and different designs to work, Larry surprised us by saying he would, at last, get into Mike's coil and test the scanner. It was July 2, 1977, more than six weeks after the failed attempt on me. He said he had decided that "the time for NMR scanning had come" and that, moreover, in the "intervening weeks since I had been scanned, he hadn't detected any undue deterioration."

With the good news of Larry's announcement, Mike and I worked feverishly through the day to get *Indomitable* up to speed before Larry changed his mind. We had to get a field on *Indomitable*'s magnet, verify the vacuum was holding on the seals, establish that her liquid helium level

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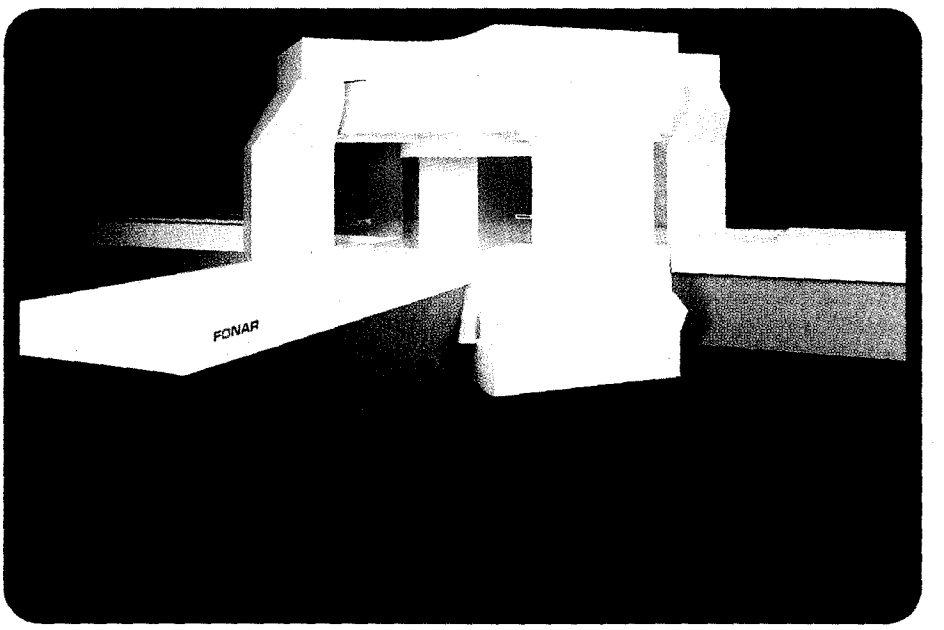

Dr. Damadian's hopes for reducing the cost of MRI rest with his aptly named ULTIMATE 12000 scanner, which will cost less than its predecessors and offer new features such as anatomical motion pictures of moving limbs.

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OPEN FORUM

AMERICA'S FORGOTTEN ASSET

For four or five decades, America has been operating without proper patent enforcement, and now we are suffering its economic consequences.

by Raymond V. Damadian, M.D.

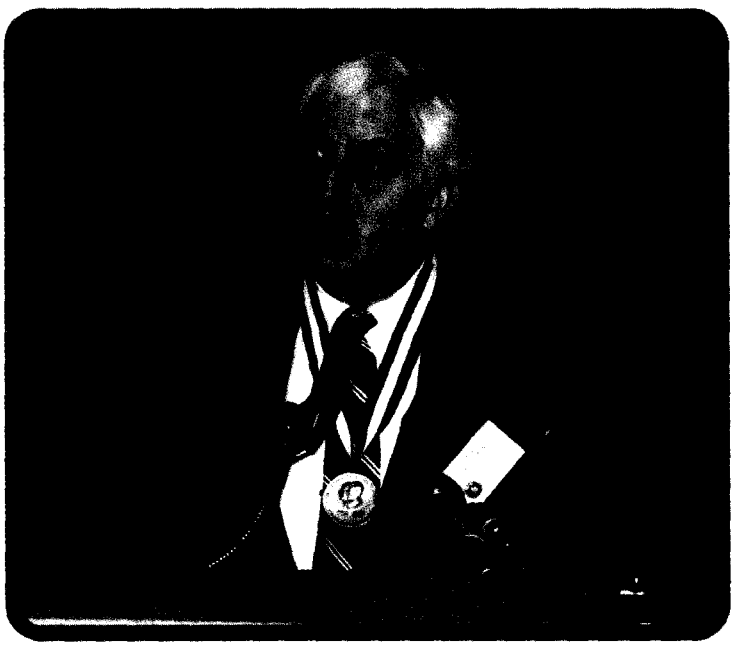
I once thought that the patent was one of many elements of our economy. I recently realized that the patent is not *an* element of our economy, but that it *is* our economy. We as a people have forgotten the formative role it has played in building and maintaining a prosperous America.

In the 1890s, Korekiyo Takahashi, a Japanese official, was sent to the United States. After his visit, he reported, "We have looked to see what nations are the greatest, so that we can be like them. We asked ourselves, 'What is it that makes the United States such a great nation?' We investigated and found that it was patents, and we will have patents."

Mr. Takahashi correctly identified the U.S. patent (and its *proper enforcement*) as the root of American prosperity. Mark Twain put it this way: "A country without a patent office and *good* patent laws is just a crab and can't travel anyway but sideways and backways."

So fundamental is the patent to the American economic system that our country is quite incapable of competing in today's economic arena without it. In my opinion, our efforts in the past four to five decades to operate our economy without the patent, and to permit predators to disregard it and to prosper from unlawful infringement, are largely responsible for the current financial distress of our nation.

It has taken the unrelenting erosion of our domestic market by foreign competitors to make us realize just how basic the patent is to the U.S. economy and to the successful operation of the free market system we practice in America.



In 1989, Dr. Damadian took his place beside such boyhood heroes as Thomas Edison, Alexander Graham Bell, and Samuel F. B. Morse in the National Inventors Hall of Fame, winning the Lincoln-Edison medal (above). The medal's inscription, attributed to Abraham Lincoln, reads: "The patent system added the fuel of interest to the fire of genius."

So pivotal is the patent to our economy that to dismantle the patent is to dismantle our economy. Our record of recent years has not been good.

In 1991, 1,097 patent complaints were filed in our U.S. District Courts. Only 86 succeeded in getting to trial. The statistics were the same for 1990 and 1989. Since a trial is required to grant an inventor the injunction he needs to *exclude* competitors (the *limited monopoly* right Congress provided him in his patent), these statistics mean that when an inventor files a complaint regarding his patent, *he has less than a 7.8 chance out of 100 of having his right to exclude others enforced.* This simply was not the deal the inventor made with our government when he disclosed his invention, nor is it the deal our government (Congress) expected him to get. In return for disclosing his invention to the public, Congress assured him that a patent issued in his name would give him the right to exclude others from making his invention for a limited time.

How many *new enterprises* have been lost to the American people forever because talented inventors perceived the odds too overwhelming and too discouraging even to try? The statistics for patent enforcement hardly encourage any inventor to take up the cause. Indeed, they argue that if Alexander Graham Bell, George Eastman, or Cyrus McCormick were alive today, they would have less than 8 chances out of 100 that their patents would be

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enforced. That is the reality, and that's the deal the American people are getting today.

Remember that the probability is high that the invention process itself may require a ten-year commitment of dedicated effort and self-denial to produce a working invention, especially if the invention is of the pioneering nature of the inventions that built America. Who will generate these inventions (and they are needed more than ever) for the future America and for our children? Can we really expect someone to make that commitment only to have the invention appropriated by a waiting predator at the instant it becomes financially fruitful?

I suggest that the individual inventor who spontaneously rises out of the substance and spirit of the American people, generates a valued invention, and builds a new business enterprise is an *endangered species* well on his way to becoming *extinct.*

With his passing, so passes the continuous succession of *new business enterprises* that have blessed America, provided employment for Americans in the past, and been so traditional to America as to be assumed by the average American to be one of his entitlements—but isn't. Graduate schools in the sciences are almost empty of American-born students. Our young people entertain the prospect of careers in engineering with the greatest trepidation, because they know all too well that our technology companies are not prospering in the onslaught of foreign competitors who make imitations of our *unprotected* American inventions.

When four living inductees of the National Inventors Hall of Fame—Gordon Gould (the laser, 1991), Lloyd Conover (tetracycline, 1992), Leonard Greene (aircraft early stall warning device, 1991), Raymond Damadian (magnetic resonance imaging, 1989)—can't get their patents upheld, or spend more than 20 years of their lives in the courts to finally achieve justice (Dr. Bob Kearns, inventor of the intermittent windshield wiper, has now spent almost 25 years in the courtroom to get his patents honored), then something is seriously wrong with our patent laws.

Where is the difficulty? Why can't the U.S. patent engender *new businesses* for America any longer? Why can't they continue to provide the basis for *new manufacturing enterprises* the way they once did, and without which America sinks irreversibly into economic decline?

When domestic enforcement of patents fails, the door is flung wide open to foreign competition. This is what happened in MRI. America's asset is its innovative talent. At the very least, if she is to prevail in the competition in her own market, she should be entitled to fair protection for her inventions *in her own market.*

Few Americans realize that the great majority of new jobs created for the public are provided by small companies with fewer than 500 employees. From 1981 to 1988, companies with fewer than 500 employees contributed 11.7 million new jobs to the economy. In this period, America's small companies generated two thirds of all new employment. From 1980 to 1982, the Fortune 500 companies as a group *lost* 1.7 million jobs. The data is clear. Unless *new job-generating companies* can emerge through patent enforcement, employment can only decline. Only *enforced patents* and the *temporary monopolies* they provide can ensure the emergence of these companies and their prospering.

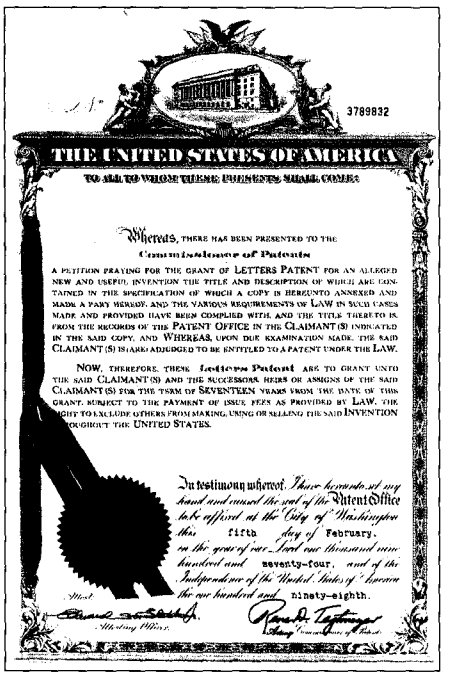
"A country without a patent office and good patent laws is just a crab and can't travel anyway but sideways and backways."
—Mark Twain

When one company creates an invention and the patent system doesn't uphold it, seven companies (as in the case with MRI) strive with each other to divide the one business seven ways. If the patent were upheld, each of the entities lacking the patent would be forced to invent its own products, obtain its own patents, and build its own new businesses around its patents instead of depending on a business strategy that relies on pirating other peoples' patents.

The outcome would be *seven new businesses* generating employment for the American people, instead of seven companies fighting over *one* business. Herein lies the elementary intelligence of the U.S. patent system as it is supposed to work.

Big, established companies would be forced to invest in research and development for the benefit of America, instead of being able to rely solely on their predatory muscle to obtain inventions. They would either invent themselves or pay the price in marketplace competition. They would be forced to reinvest their revenues in research, and we would cease hearing the investment community's refrain that our companies invest inadequately in research and development. The competitive demand on them would make them far more effective at combating foreign competition in our markets than they've proven to be of late.

It seems that when a tiny inventor confronts a giant predator in court after many years of active infringement have passed (and it is inevitable that many years of infringement will have passed before an inventor can get an infringing giant into court), the courts lack the resolve to uphold the patent and exclude the multibillion-dollar predator from practicing the invention, even when it has been proven that his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THE UNITED STATES OF AMERICA

TO ALL TO WHOM THESE PRESENTS SHALL COME:

Whereas, THERE HAS BEEN PRESENTED TO THE
Commissioner of Patents
A PETITION PRAYING FOR THE GRANT OF LETTERS PATENT FOR AN ALLEGED NEW AND USEFUL INVENTION THE TITLE AND DESCRIPTION OF WHICH ARE CONTAINED IN THE SPECIFICATION OF WHICH A COPY IS HEREUNTO ANNEXED AND MADE A PART HEREOF, AND THE VARIOUS REQUIREMENTS OF LAW IN SUCH CASES MADE AND PROVIDED HAVE BEEN COMPLIED WITH, AND THE TITLE THERETO IS FROM THE RECORDS OF THE PATENT OFFICE IN THE CLAIMANT(S) INDICATED IN THE SAID COPY, AND WHEREAS, UPON DUE EXAMINATION MADE, THE SAID CLAIMANT(S) IS (ARE) ADJUDGED TO BE ENTITLED TO A PATENT UNDER THE LAW.

NOW, THEREFORE, THESE Letters Patent ARE TO GRANT UNTO THE SAID CLAIMANT(S) AND THE SUCCESSORS, HEIRS OR ASSIGNS OF THE SAID CLAIMANT(S) FOR THE TERM OF SEVENTEEN YEARS FROM THE DATE OF THIS GRANT, SUBJECT TO THE PAYMENT OF ISSUE FEES AS PROVIDED BY LAW, THE RIGHT TO EXCLUDE OTHERS FROM MAKING, USING OR SELLING THE SAID INVENTION THROUGHOUT THE UNITED STATES.

In testimony whereof, I have hereunto set my hand and caused the seal of the Patent Office to be affixed at the City of Washington this fifth day of February, in the year of our Lord one thousand nine hundred and seventy-four, and of the Independence of the United States of America the one hundred and ninety-eighth.

Attesting Officer

The U. S. patent for the MRI, issued in 1974, was designed to give its inventors a 17-year temporary monopoly to establish their corporation. Instead, four years after FONAR was established, the first of seven multibillion-dollar corporations violated the patent by manufacturing its own MRI machine. Six weeks after a jury awarded FONAR for damages, the presiding judge overruled the jury's decision.

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MY WATCH

An Instructive Little Tale

My uncle William used to say that a good watch was a good watch until the repairers got a chance at it.

by Mark Twain

Illustrated by Don Trawin

My beautiful new watch had run 18 months without losing or gaining, and without breaking any part of its machinery or stopping. I had come to believe it infallible in its judgments about the time of day, and to consider its constitution and its anatomy imperishable. But at last, one night, I let it run down. I grieved about it as if it were a recognized messenger and forerunner of calamity. But by and by I cheered up, set the watch by guess, and commanded my bodings and superstitions to depart. Next day, I stepped into the chief jeweler's to set it by the exact time, and the head of the establishment took it out of my hand and proceeded to set it for me. Then he said, "She is four minutes slow—regulator wants pushing up." I tried to stop him—tried to make him understand that the watch kept perfect time. But no; all this human cabbage could see was that the watch was four minutes slow, and the regulator must be pushed up a little; and so, while I danced around him in anguish, and implored him to let the watch alone, he calmly and cruelly did the shameful deed. My watch began to gain. It gained faster and faster day by day. Within the week it sickened to a raging fever, and its pulse went up to 150 in the shade. At the end of two months, it had left all the timepieces of the town far in the rear, and was a fraction over 13 days ahead of the almanac. It was away into November enjoying the snow, while the October leaves were still turning. It hurried up house rent, bills payable, and such things, in such a ruinous way that I could not abide it. I took it to the watchmaker to be regulated. He asked me if I had ever had it repaired. I said no, it had never needed any repairing. He looked a look of vicious happiness and eagerly pried the watch open, and then put a small dice-box into his eye and peered into its machinery. He said it wanted cleaning and oiling, besides regulating—come in a week. After being cleaned and oiled, and regulated, my watch slowed down to that degree that it ticked like a tolling bell. I began to be left by trains, I failed all appointments, I got to missing my dinner; my watch strung out three days' grace to four and let me go to protest; I gradually drifted back into yesterday, then day before, then into last week, and by and by the comprehension came upon me that all solitary and alone I was lingering along in week before last, and the world was out of sight. I seemed to detect in myself a sort of sneaking fellow-feeling for the mummy in the museum, and a desire to swap news with him. I went to a watchmaker again. He took the watch all to pieces while I waited, and then said the barrel was "swelled." He said he could reduce it in three days. After this, the watch averaged well, but nothing more. For half a day it would go like the very mischief, and keep up such a barking and wheezing and whooping and sneezing and snorting, that I could not hear myself think for the disturbance; and as long as it held out, there was not a watch in the land that stood any chance against it. But the rest of the day it would keep on slowing down and fooling along until all the clocks it had left behind caught up again. So at last, at the end of 24 hours, it would trot up to the judges' stand all right and just in time. It would show a fair and square average, and no man could say it had done more or less than its duty. But a correct average is only a mild virtue in a watch, and I took this instrument to another watchmaker. He said the kingbolt was broken. I said I was glad it was nothing more serious. To tell the plain truth, I had no idea what the kingbolt was, but I did not choose to appear ignorant to a stranger. He repaired the kingbolt, but what the watch gained in one way it lost in another. It would run awhile and then stop awhile, and then run awhile again, and so on, using its own discretion about the intervals. And every time it went off, it kicked back like a musket. I padded my breast for a few days, but finally took the watch to another watchmaker. He picked it all to pieces and turned the ruin over and over under his glass; and then he said there appeared to be something the matter with the hair trigger. He fixed it and gave it a fresh start. It did well now, except that always at ten minutes to ten, the hands would shut together. The oldest man in the world could not make head or tail of the time of day by such a watch, and so I went again to have the thing repaired. This person said that the crystal had got bent and that the mainspring was not straight. He also remarked that part of the works needed half-soiling. He made these things all right, and then

" 'She makes too much steam—you want to hang the monkey wrench on the safety valve!' I brained him on the spot, and had him buried at my own expense."

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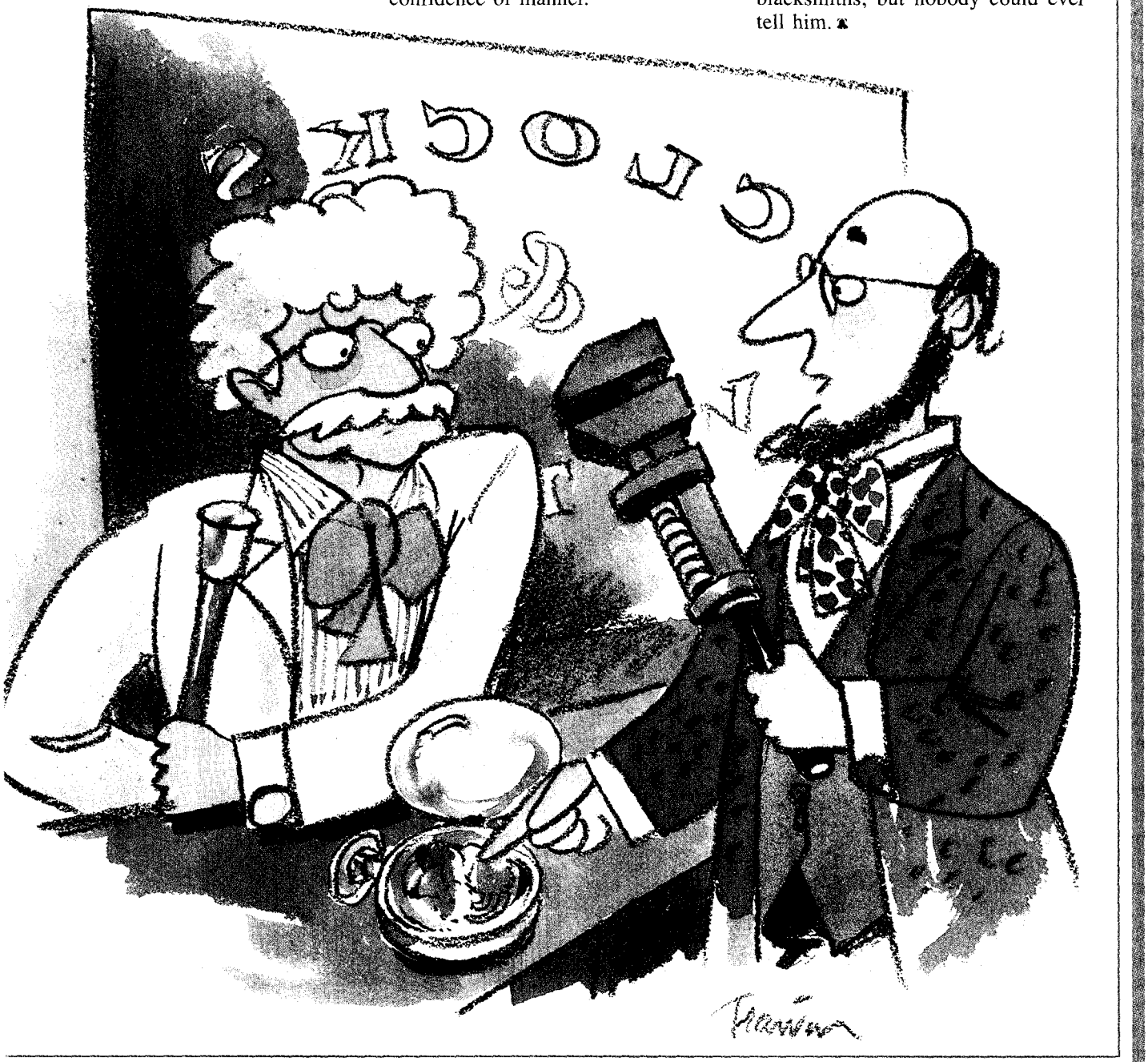
my timepiece performed unexceptionably, save that now and then, after working along quietly for nearly eight hours, everything inside would let go all of a sudden and begin to buzz like a bee, and the hands would straightway begin to spin round and round so fast that their individuality was lost completely, and they simply seemed a delicate spider's web over the face of the watch. She would reel off the next 24 hours in six or seven minutes, and then stop with a bang. I went with a heavy heart to one more watchmaker and looked on while he took her to pieces. Then I prepared to cross-question him rigidly, for this thing was getting serious. The watch had cost $200 originally, and I seemed to have paid out two or three thousand for repairs. While I waited and looked on, I presently recognized in this watchmaker an old acquaintance—a steamboat engineer of other days, and not a good engineer, either. He examined all the parts carefully, just as the other watchmakers had done, and then delivered his verdict with the same confidence of manner.

He said:

"She makes too much steam—you want to hang the monkey wrench on the safety valve!"

I brained him on the spot and had him buried at my own expense.

My uncle William (now deceased, alas!) used to say that a good horse was a good horse until it had run away once, and that a good watch was a good watch until the repairers got a chance at it. And he used to wonder what became of all the unsuccessful tinkers and gunsmiths and shoemakers and engineers and blacksmiths; but nobody could ever tell him. ■



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THE ULCER CURE FROM DOWN UNDER

At first ridiculed for his hunch that a bacteria (and not stress) causes most stomach ulcers, Dr. Barry Marshall has since been proven right.

by Cory SerVaas, M.D.

Illustrated by Don Trawin

Stop worrying or you'll get ulcers, people used to say. This was once considered sage advice, even by doctors, but it is now clear that worrying isn't the cause of this painful and sometimes fatal ailment. Rather, in most cases, ulcers are caused by a simple bacterium that can be readily killed with antibiotics and Pepto-Bismol. Instead of suffering with long-term and thus expensive ulcer drugs that are only palliative, patients are now cured with the new treatment.

The ulcer breakthrough came from an unexpected source. Barry Marshall, a brash young Australian doctor from Perth, was first ridiculed and now is lauded for pointing out that the *Helicobacter pylori* bacterium causes gastric ulcers.

For decades, doctors believed bacteria could not survive in the hostile hydrochloric acid environment of the stomach. The subject was considered closed until Barry Marshall, unable to get attention from the medical community, stuck his neck out and swallowed some of the helix-shaped bacteria to prove his point. He got sick, as he predicted he would.

Today, Dr. Marshall is trying to spread the word that more costly treatments such as Zantac and Tagamet are only maintaining, not curing, ulcer patients. Zantac, the most commonly prescribed medication for ulcers, costs from $64.99 to $98.51 monthly, when taken twice a day. Tagamet, less often ordered by physicians, costs $66.49 to $84.06 a month.

Drugs are not the only expense in traditional ulcer treatment. Innumerable work hours are lost when doctors tell patients that stress causes their ulcers. Employers, as well as employees, suffer when doctors advise ulcer patients to shorten their work week, change jobs, or even retire.

"Stress is what gets blamed when we don't have the answer," Dr. Marshall told us. "People with ulcers need not have their intelligence insulted because of the problem. It is such a relief now to simply take some antibiotics.

"I think regardless of whether people have ulcers, if they have indigestion and *H. pylori* is present, then they should be treated with antibiotics. Just having the bacteria and gastritis is enough to cause ulcerlike symptoms. Therefore, I don't advocate that people with *H. pylori* always have x-rays or endoscopies."

While researching the Marshall story, I came across an ulcer victim in our editorial offices. Ed Cortese, about to celebrate his 30th anniversary as art director of *Jack and Jill* magazine, had acquired an ulcer—a status sym-

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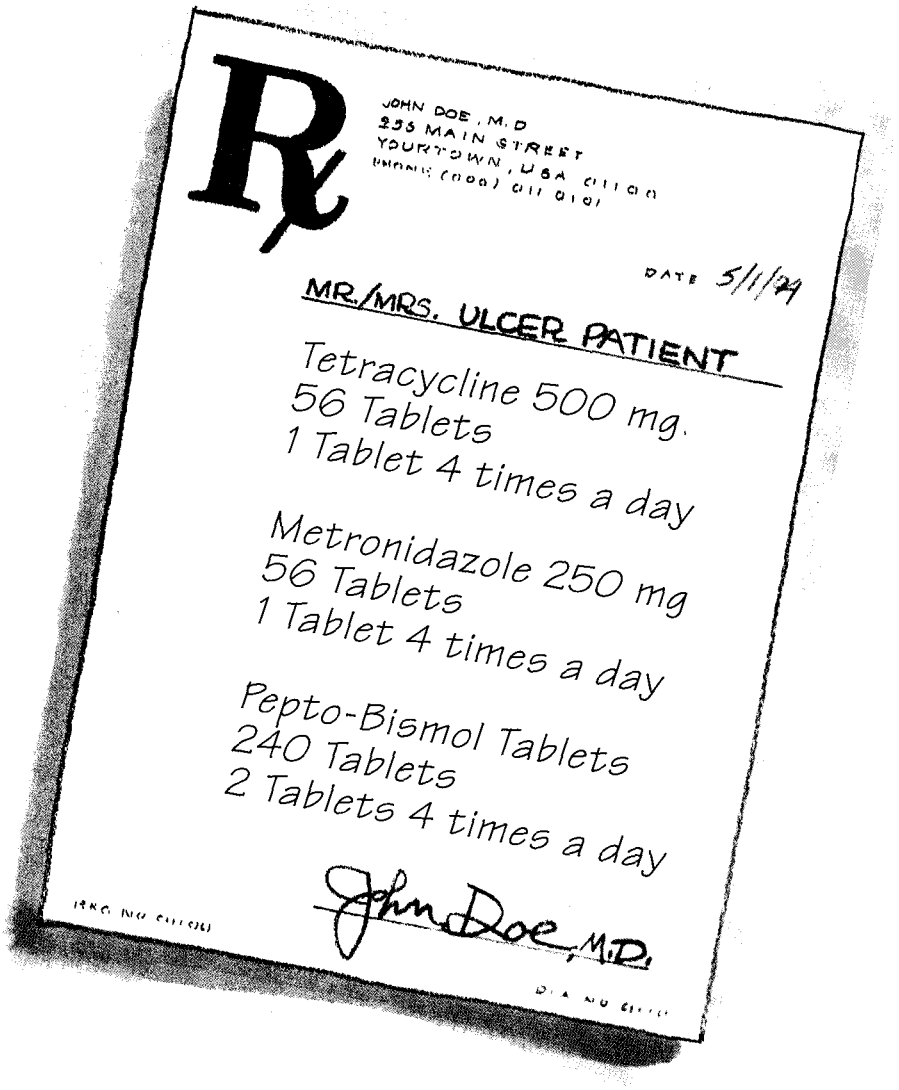
bol among art directors and managing editors. With a great deal of reluctance, he announced that he would be leaving our offices in Indianapolis soon. Although leaving his "baby" would be devastating (both Ed and *Jack and Jill* had accompanied the move of The Curtis Publishing Company from Philadelphia to Indianapolis), Ed's family in New Jersey, which included his physician son "Buzz" in Newark, wanted him home.

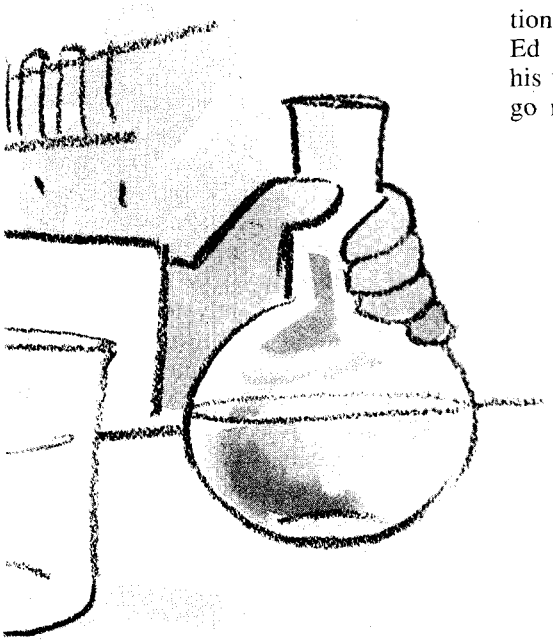
Before Barry Marshall's *coup de main*, most doctors would have agreed that Ed's work and worry had brought on the ulcer. "I've been torn and worried," he confessed to me. "Tossed about on the horns of this dilemma."

"But Ed," I assured him. "It isn't the stress. You can keep your stress and cure your ulcer at the same time."

He was given a prescription for 250 mg metronidazole (Flagyl) four times a day and 500 mg tetracycline four times a day for two weeks. He was also to take two Pepto-Bismol tablets four times a day for four weeks. Local doctors are reporting up to a 90 percent cure rate with this triple therapy. With prescription and instructions in hand and a smile on his face, Ed walked off delighted to know that his ulcer might be *cured* and he could go right on worrying until he finally decided to go or stay in Indy.



Unable to test his theory with laboratory animals, Dr. Barry Marshall became his own guinea pig and swallowed a nasty concoction that contained nearly a billion *Helicobacter pylori* bacteria. His stomach lining became inflamed, as he predicted it would.



This talented illustrator at age 72 is the executive to whom all of the Children's Better Health Institute's artists report. Under his direction, six other children's health publications have joined *Jack and Jill*.

Understandably, Ed was torn between his longstanding job and his family's desire to have him home. We assured Ed he could stay on staff and freelance from New Jersey. A FAX machine in his new home would solve his worry problem; antibiotics will no doubt cure his ulcer.

Dr. Marshall's hypothesis that antibiotics could cure *H. pylori*-induced ulcers have been confirmed by more than a dozen medical studies, most recently by a team of Austrian researchers reporting in *The New England Journal of Medicine*.

Ed's case was not the only one I encountered recently. The previous night, a favorite nephew confided at a birthday party that he was on Zantac for treatment of a long-term ulcer problem, but that there had been no noticeable improvement of his symptoms. As I explained Barry Marshall's regimen to him, I thought how seldom I could feel so sure about recommending a new treatment for a long-standing problem.

Though Barry Marshall spoke of getting the word out worldwide, I feel there is much work to be done here at

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home. We talked with pharmacists from around the country to determine the prices of various ulcer treatment regimens and to find out how often they are being prescribed by physicians. We were told that Zantac is still the most commonly used medication for treating ulcers. Prilosec (a super-strength Tagamet) is also often prescribed in conjunction with amoxicillin. Tagamet is being less often prescribed. We asked other pharmacies around the country how frequently patients are being given antibiotics and Pepto-Bismol instead of Zantac. Zantac won. Many pharmacies reported that they are still filling prescriptions for Zantac without any mention of antibiotics. Health cost containment advocates will win when ulcers are *cured* in months instead of *maintained* for years.

SURVEY OF ULCER TREATMENT COSTS

	Strength	Dosage	Days Taken	Lowest Price	Highest Price
Tetracycline	500 mg	4 tablets a day	14 days	$ 5.30	$14.64
Metronidazole	250 mg	4 tablets a day	14 days	$13.59	$37.82
Pepto-Bismol					
liquid	30 cc (1 oz.)	4 times a day	30 days	$34.93	$58.35
tablets	2 tablets	4 times a day	30 days	$27.12	$27.12
Prilosec	20 mg	1 tablet a day	30 days	$89.39	$118.18
Amoxicillin	500 mg	4 tablets a day	14 days	$13.39	$ 22.59
Tagamet	400 mg	2 tablets a day	30 days	$66.49	$84.06
Zantac	400 mg	2 tablets a day	30 days	$64.99	$98.51

We asked the pharmacists for their prices on the ulcer treatments and have published the wide range of costs in the survey above. Generally speaking, the costs were highest on the East and West coasts.

Next, we called Dr. Glenn Lehman, chairman of the gastroenterology department at the Indiana University School of Medicine. I felt certain he would be teaching his residents the Barry Marshall regimen. Sure enough, he was even fine-tuning the antibiotics and bismuth treatment.

"How much Pepto-Bismol do you prescribe?" I asked.

"Thirty cc's four times a day for a month," he answered.

"Metronidazole?"

"Two hundred fifty milligrams every six hours for two weeks."

"Tetracycline?"

"Five hundred milligrams every six hours for two weeks."

Dr. Lehman confirmed that with antibiotics and bismuth, patients no longer need to take lifelong Tagamet for their ulcers or gastritis. He reports that with the new treatment, they have an 85 percent cure rate at the Indiana University Medical Center.

"Ideally, you would identify the organism first," he told us, "but it isn't always necessary to do the blood test for *Helicobacter pylori* before treating patients with documented ulcers, who don't have another reason for having an ulcer."

Dr. Joseph Katz, a gastroenterologist at Community Hospital in Indianapolis, was equally enthusiastic about the Marshall treatment of ulcers. "I have to keep them on Pepto-Bismol for a month after a two-week course of antibiotics. If I don't, my patients' ulcers recur," he told us.

Barry Marshall told us the cheapest treatment is still antibiotics plus Pepto-Bismol, which costs about $50. "There are more expensive and convenient treatments to take, but none of these really work much better than antibiotics with Pepto-Bismol," he said.

He explained that bismuth (the active ingredient in Pepto-Bismol) inhibits much bacteria in the gut. When it reaches the stomach acid, it precipitates into an insoluble compound, which is why its absorption is very low. Although only locally active in the stomach, it is present in the stool, and a high concentration of bismuth inhibits all those bacteria.

Dr. SerVaas: Have you ever tried bismuth subgallate instead of Pepto-Bismol?

Dr. Marshall: Not in the U.S. I know bismuth subgallate is one of the other formulations of bismuth that is available. I've used it in a couple of patients, but I haven't done studies with it. In Europe, they've used other bismuth salts: subcarbonate and subgallate, which have been around for about 200 years for the treatment of indigestion and gastric problems. But no one really knew why they worked. It was always presumed that they were just antacids. Probably, they are all good treatments for gastritis.

Dr. SerVaas: The reason I was asking you about bismuth is that, coincidentally, we have had some salesmen who suffered from flatus, and they used a product called ColoFresh, which contains bismuth subgallate, to reduce the odor. They used it before dining with customers, and it worked. They also claimed it did wonders for halitosis.

Dr. Marshall: These are products that are used for colostomy patients?

Dr. SerVaas: Yes, exactly.

Dr. Marshall: Bismuth kills all of those anaerobic bacteria that produce those smelly gases.

[Unfortunately, we failed to ask Dr. Marshall if gastric ulcers cause bad breath and if antibiotics and bismuth treatments eliminate halitosis.]

Dr. SerVaas: It seems to me, with your fertile brain, that you should be working with the gastroenterologists to find the causes of ulcerative colitis and Crohn's as well.

Dr. Marshall: I think, with molecular biology techniques, that we've got a chance of discovering the cause of these things in the next ten years.

Irritable bowel syndrome, also often blamed on stress, may be the next to go, Dr. Marshall said, with an enthusiasm that makes us believe the brash young doctor may be on the trail of another bug.

Dr. Marshall recently left full-time clinical duties at the University of Virginia to devote more time to projects relating to *Helicobacter pylori*. The Helicobacter Project is still underway at the University of Virginia.

When not at home in Charlottesville, Virginia, Dr. Marshall spends a great deal of time lecturing around the country and the world, trying to get the message about *Helicobacter pylori*

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out to patients and doctors alike. Serving as a consultant to a pharmaceutical company, Dr. Marshall is also working on a noninvasive diagnostic breath test that can detect the presence of *Helicobacter pylori* in the stomach.

The test will use carbon-13 or carbon-14 that, when ingested, reacts with the stomach enzyme urease. The simple breath test can accurately detect the presence of *Helicobacter pylori* in the patient, eliminating the need for expensive and uncomfortable endoscopy.

"Typically, a patient with stomach complaints could have a blood test or breath test to detect *Helicobacter* infection," Dr. Marshall said. "Then, after a two week treatment, a second breath test would be done to confirm that the infection was cured."

Patients interested in learning more about *Helicobacter pylori* can contact the Helicobacter Foundation. The phone number is 804-977-1594. ★

Today, Dr. Marshall is trying to tell the world that gastric ulcers should be treated with antibiotics and bismuth instead of the traditional ulcer regimen. "Stress," says Dr. Marshall, "is what gets blamed when we don't have the answer." He believes that a similiar bug may cause some irritable bowel syndrome (IBS) problems, long considered to be stress-related.

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MIDDLE MANAGEMENT

Strong abdominals and trunk muscles not only improve your appearance, they also can help prevent lower back pain. Here are exercises to help you tone and strengthen the all-important midsection.

by Bud Getchell, Ph.D.

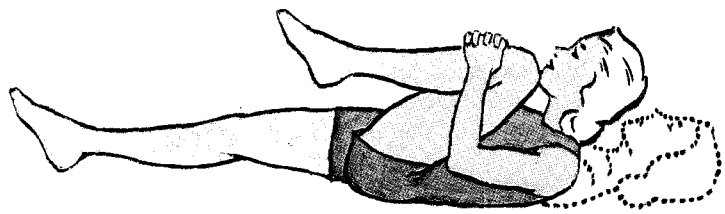
If there is a "must" in every muscular strength and endurance program, it is an exercise to strengthen the abdominals, which are difficult to use in many everyday activities. However, these muscles help support the back and various parts of the upper body. They also play a prominent role in maintaining posture and holding in stomachs.

Many experts now believe these muscles are the key foundation for all activity and must be kept in good shape at all times. Biomechanics research has shown that in most activities, force must pass through the center of the body. An athlete or fitness participant who has a weak midsection will be unable to apply the required forces necessary for good performance.

For years, the bent-knee sit-up was used extensively. Now researchers suggest variations of the sit-up that are more effective for working and strengthening the abdominals. The following exercises represent ways to strengthen your abdominals and trunk muscles. In all sit-up types of exercises, it is important that you lift your shoulders before you lift your lower back off the floor.

The following leg-stretching exercises serve to loosen, stretch, shape, and strengthen a major muscle group. Although these exercises were developed for stretching before and after a conditioning workout, try to use them whenever you get the opportunity. Stretching is a form of relaxation—it can help you avoid tight muscles anytime, and it may even refresh you. Try to avoid bobbing or forcing your body into unaccustomed positions. If you haven't been exercising regularly, it will take time before you can stretch some of those tight muscles completely.

Dr. Getchell is professor of physical education at Indiana University.

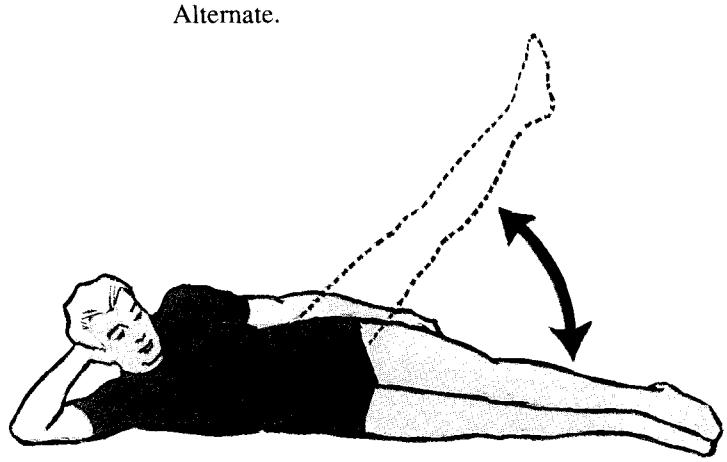


Low-Back Stretcher

Purpose: To stretch and loosen the lower back and hip flexor muscles.

Starting Position: Lie on your back with knees straight.

Movement: Pull one knee to your chest. Grasp the leg just below the knee and pull the knee toward your chest. Hold for five seconds. Then curl your shoulders and head toward the knee. Hold for five or more seconds. Return to starting position and repeat exercise with other leg. Alternate.



Side Leg Raises

Purpose: To strengthen and stretch the lateral hip muscles.

Starting Position: Lie on your right side, in extended position, with your head resting on your right forearm and hand.

Movement: Raise your left leg upward from the floor (keeping the knee extended and toes pointed away) to a position well above the horizontal, then return to starting position. Keep your pelvis perpendicular to the floor. After completing the repetitions for one side, repeat the exercise on the other side.

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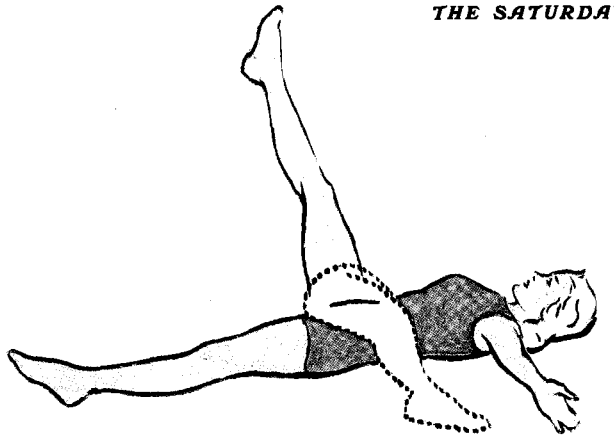
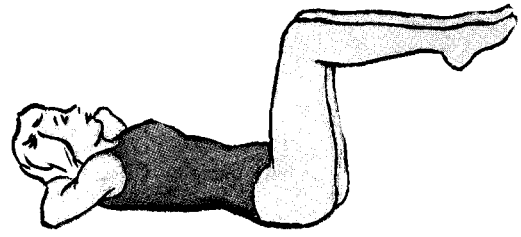


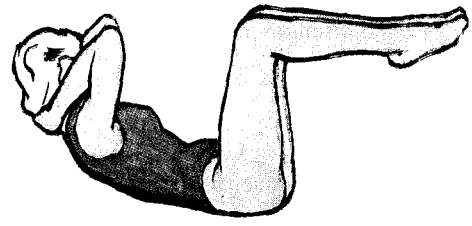


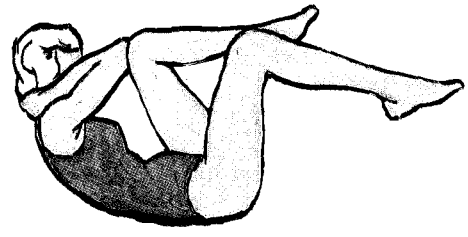
Leg-Overs

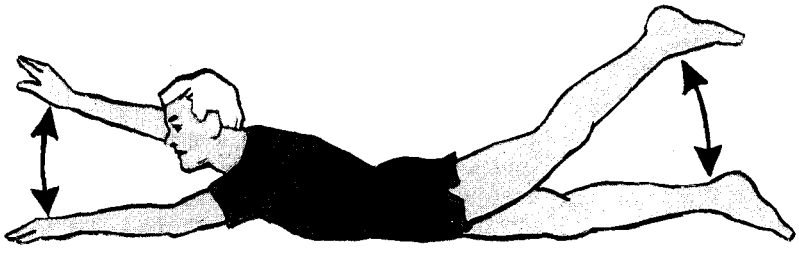
Purpose: To loosen and stretch the rotator muscles of the lower back and the pelvic region.

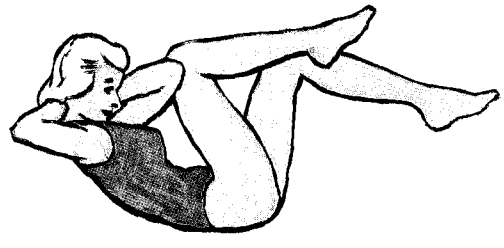
Starting Position: Lie on your back with your legs extended, and your arms extended at shoulder level (palms up).

Movement: Keep the knee extended as you raise your leg to a vertical position (point your toes). The opposite leg should remain on the floor in extended position; keep the back of that leg on the floor. While keeping your shoulders, arms, and back on the floor, reach with the vertically extended leg across your body to the extended opposite hand. Stretch to touch your toe to the floor in the area of the extended hand, then return your leg first to the vertical position and then to the floor. Follow the same procedure with the other leg. Repeat the complete exercise.









Arm and Leg Lifter

Purpose: To strengthen and stretch the extensor muscles of the back and hip.

Starting Position: Lie face down (prone position) with your arms extended over your head and your legs extended.

Movement: Raise your right arm and left leg, toes pointed, simultaneously, and keep them extended for a few seconds. Then return to the starting position. Now raise the left arm and right leg simultaneously. Alternate. Do this exercise slowly. Be sure not to overextend. Do not jerk your legs and arms.

The Abdominal Curl

Purpose: To strengthen and tone the abdominal muscles.

Starting Position: Lie on your back with knees bent and feet flat on the floor.

Movement: Put your hands behind your head, elbows pointing ahead. Avoid pulling on the neck. Raise the bent knees toward the chest so thighs are perpendicular to the floor. As you curl up, bring the right elbow toward the left knee. Then bring the left knee back toward the right elbow, then the left elbow to the right knee. Repeat this six times to each knee. Do three sets.

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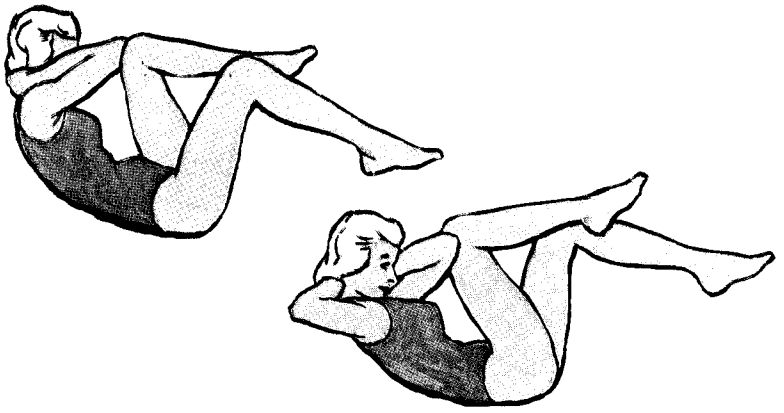
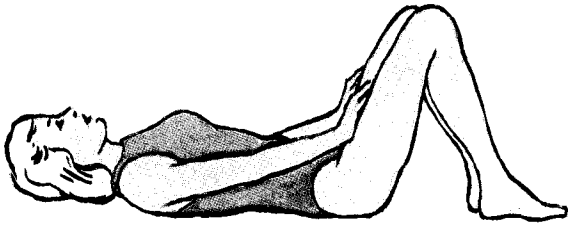


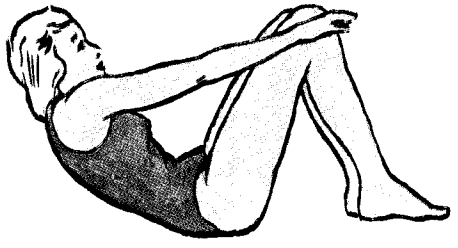
The Abdominal Crossover

Purpose: To strengthen the abdominal and trunk muscles.

Starting Position: Lie on your back with left knee bent and left foot flat.

Movement: Cross the right leg and place the right ankle on the bent knee. Put your hands behind your head, elbows out. Avoid pulling on the neck. Curl up and twist your trunk so your left elbow touches your right knee. Lower slowly. Do this six times. Switch and repeat—right elbow to left knee, six times. Do three sets.



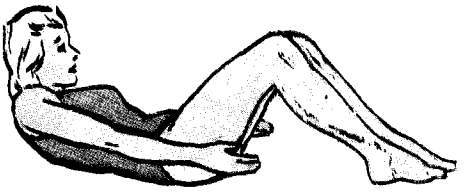


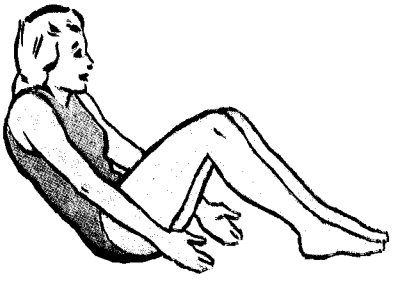
The Half Sit-up

Purpose: To strengthen the abdominal and trunk muscles.

Starting Position: Lie on your back with your knees bent at approximately 90 degrees and feet firmly flat on the floor.

Movement: With your arms extended and pointing straight ahead with palms down, raise your shoulders off the floor as you slide your hands up your thighs. Your wrists should go beyond the knees. Lower slowly and relax. Do this six times. Rest for one minute. Then repeat two more times after a short rest for a total of three sets.





The Full Sit-up

Purpose: To strengthen abdominal and trunk muscles.

Starting Position: Lie on your back with knees bent, feet flat, and arms at your sides. Having someone hold your feet or placing them under a firm support is no longer recommended. Studies show that supporting the feet, even though the knees are bent, tends to involve the large hip flexor muscles more than the abdominals.

Movement: A full sit-up entails contracting your abdominals as you curl your back and raise your trunk until your lower back is at least perpendicular to the floor. Then lower yourself back to the floor. You may have a problem at first doing a sit-up without support for your feet. It is acceptable to grasp the undersides of your thighs to help pull you up.

As you get stronger, try not to pull on your thighs. By having your hands near your thighs, you will find it easier to balance and curl your trunk to the vertical position.

Do six, rest, repeat two more times.

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Love Nest

continued from page 35

out as hash."

"Why, Vergil, I'm surprised at you! You know your uncle would never even consider such a thing—especially with a cow that is worth $200."

"Well, it's all Uncle Wilbur's fault. And it's up to him to make things right, no matter how much it costs him."

"Vergil, I don't like to hear you talk that way. You know your uncle was only trying to help you and arrange things so he wouldn't have to put your trailer out in the weather."

"Yes, I know Uncle Wilbur means well. But sometimes I wish he would show a little more judgment."

"Listen, Vergil, there must be some way to solve this problem. If Joe is getting married and settling down, he might be able to use a good cow himself. Maybe we could sell it to him instead of to Mr. Nichols. Then he could just keep it in the trailer, and everybody would be happy."

"I'm afraid it wouldn't work, Aunt Susan. Joe's mind is all set on this love-nest-on-wheels idea. I don't think he wants a traveling cowshed."

"Then you'll just have to ask him to wait a week."

"But I need the money right away."

"Ask him to make a $100 down payment. That would keep the bank quiet for a week or so, wouldn't it?"

"Maybe."

"It's worth trying, isn't it?"

"Yes, I suppose so—especially as there doesn't seem to be any other way out. All right, Aunt Susan; I'll call up Joe and see if I can arrange things. Then I'll see what I can do with the bank. And this afternoon, after I get through work, I'll come out to the farm and look the situation over. In the meantime, you tell Uncle Wilbur to keep his mitts off that door frame. I don't want him trying any of his amateur carpenter work on my trailer."

"All right, Vergil."

"Good-by, Aunt Susan."

"Good-by, Vergil."

Vergil at once called the Pelton residence. Agnes Pelton answered.

"Hello, Agnes," he said. "This is Vergil Hawkins again. Is Joe Reynolds there?"

"No. He went down street a little while ago."

"When will he be back?"

"He'll be here for lunch—in about an hour. Shall I have him call you up?"

"No, I believe I'll let you give him the message. You're so helpful about everything, Agnes; I think you can explain this to him better than I can. It's about the trailer."

"Oh, yes. Joe told me that he is buying it, and I'm thrilled to death. I think your trailer is absolutely perfect, Vergil."

"Oh, I wouldn't say that, Agnes. In fact, I've decided that I would like to do a little more work on it before I turn it over to you."

"It seems to me it's all right the way it is, Vergil."

"Yes, but that doesn't mean it can't be improved. Now take, for instance, that little sitting-room compartment at the rear. You remember that, Agnes?"

"Of course I do, Vergil. And I think it's just too ducky for words. It's so delightfully cozy."

"I know, Agnes, but I'm afraid you might find it just a bit too cozy.

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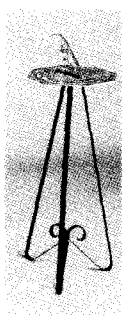

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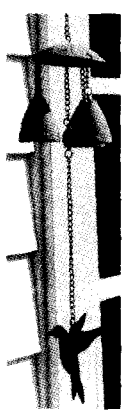

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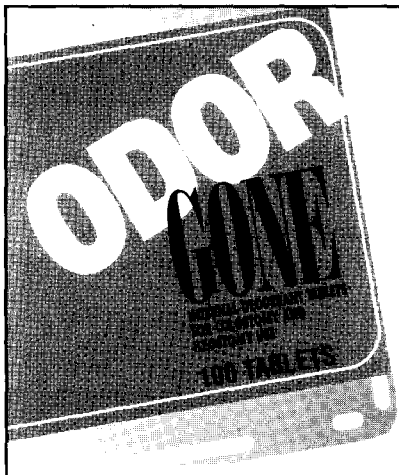

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You don't want to be crowded. So I have decided that I ought to make a few more or less minor changes."

"What sort of changes?"

"Well, Agnes, the whole point is that I feel the rear compartment is sort of overfurnished. There's at least one object in there which I feel ought to come out."

"You don't mean you're going to take away one of those lovely easy chairs?"

"Oh, no. What I have in mind is removing a certain unit or element in the present setup that might be more of an annoyance than a convenience to you."

"But what is this thing you're going to take out, Vergil?"

"Well, it's a little hard to explain without getting too technical. But, by taking it out, I can lighten the whole rear end, give you a lot more room, and make the whole outfit much more attractive. I'm willing to do this at no extra charge whatsoever. Of course, it will take some time."

"How much time?"

"Oh, I don't know exactly. Maybe about a week."

"But Joe wants to buy the trailer right away."

"That's all right, Agnes. Joe can pay me the money this afternoon, and then the trailer will be his property. All I want is for him to leave it out at my uncle's place for about a week, so I can make these improvements in the interior arrangement. You see, I'm the kind of a guy that always looks after the interests of his customers."

"That certainly is nice of you, Vergil, but I really think the trailer will be all right the way it is. Besides, we can't wait a week."

"Why not?"

"Maybe I ought not to tell you, Vergil. It's supposed to be secret. Will you promise not to tell anybody?"

"Sure."

"All right, then. Joe and I are going to be married tomorrow morning—just a quiet wedding with only the family there. And right afterwards we're starting for Florida on our honeymoon in the trailer. Isn't it wonderful?"

"It's terrible!"

"Why, Vergil! How can you say such a thing?"

"I mean it's terrible you won't

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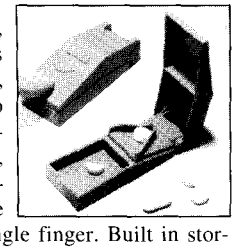

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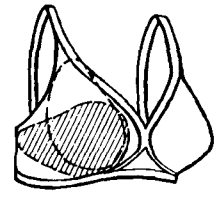

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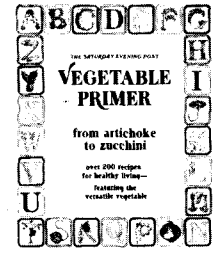

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give me a little more time to fix up the trailer. Besides, marriage is a serious business. You don't want to go rushing into it this way without stopping to think it over."

"Don't be silly, Vergil. Joe and I have known each other all our lives. We've been engaged almost a year. The date is set, and we're not going to change it."

"How would it be, then, if you went on your honeymoon without the trailer? Of course, you can buy it and pay for it right away, just the same. Then, when you get back, it will be all nice and brand new, so you can use it to go camping this summer."

"But the whole idea of buying the trailer is to take it to Florida with us. If we can't have it now, we don't want it at all. We'll just have to get one from those people downstate."

"Oh, you'd never be happy in one of those miserable contraptions. We'll have to figure some other plan. Let me see. I was talking to Aunt Susan a little while ago, and she thought maybe I could persuade you and Joe to sort of cooperate in a little scheme she had thought up. I didn't think much of it at the time, but perhaps it would work out all right."

"What would work out all right?"

"This little scheme I'm talking about. Now, do you suppose, Agnes, that Joe would have an extra $200 to invest in a very advantageous proposition?"

"I think so."

"All right, then; here's the idea. You and Joe both like to drink milk, don't you?"

"Yes."

"That's fine, Agnes. There is no better food in the world than pure, rich Jersey milk. Probably you like cream on your cereal and in your coffee?"

"Yes."

"You like ice cream? And butter? And buttermilk? And cheese?"

"Yes. But what of it?"

"Oh, this is very important, Agnes. Now, I suppose you and Joe are figuring on having a certain number of children?"

"Well, really, Vergil, I don't think we need to discuss that at the present time."

"Yes, we do. After all, Agnes, you're getting married, and it's no use trying to shut your eyes to the facts of life. Now, in the case of very young children, a reliable supply of good, clean milk is highly essential. You have no idea, Agnes, of the number of diseases that can be contracted from impure milk."

"Honestly, Vergil, I don't know what you're talking about."

"It's just this, Agnes—for both children and grown people, you need pure milk. And the only way to be sure of it is to produce it yourself."

"Vergil!"

"I mean you've got to own your own cow."

"Maybe so, Vergil. But we can decide that after we get back from Florida."

"If you wait till then, it might be too late, Agnes. If you go on this trip and depend on buying your milk just any place here and there along the way, you won't know where it comes from or how it has been handled, and there's no telling what may happen. You might pick up typhoid, or leprosy, or almost anything, and your beautiful honeymoon would just naturally end in a double funeral."

"Vergil, I think you're terrible."

"No, I'm just trying to be helpful. I don't want to see you and Joe coming back in wooden overcoats, and I've worked out a plan so you can have a dependable supply of milk for your whole trip."

"What sort of a plan?"

"I've got it all figured how you can take a cow right with you wherever you go."

"Take a cow on our honeymoon! I never heard of such a thing!"

"Of course not. It's an absolutely new idea—one of the latest developments in trailer techniques. What I want Joe to do is to buy a nice little registered Jersey cow that my Uncle

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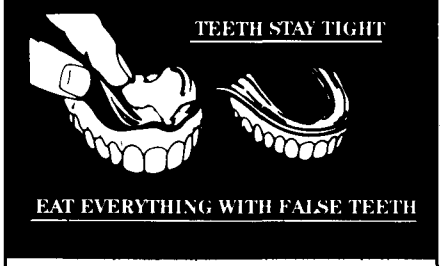

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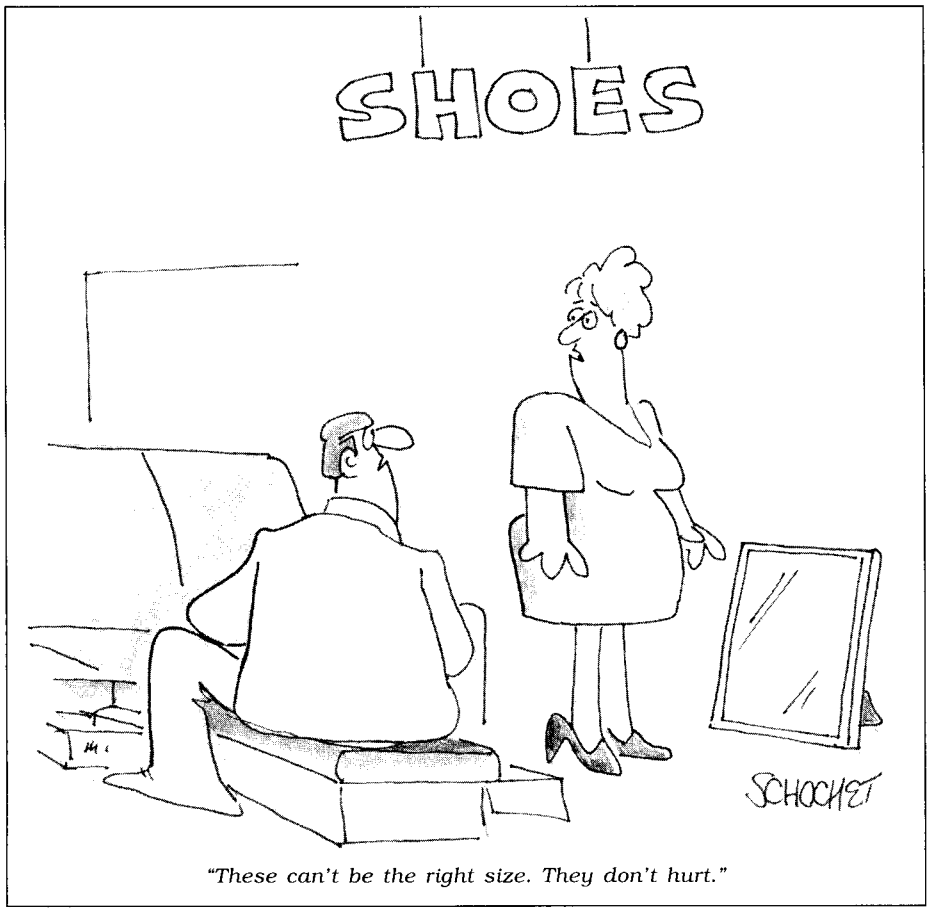

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"Honestly, Vergil, you must be crazy. Imagine taking a wedding trip in a cruising cow stable! Maybe you're trying to be funny, but I think you're disgusting."

"I'm not trying to be funny, Agnes. This is serious. In fact, as far as I am concerned, this is a whole lot more serious than you realize."

"Listen, Vergil. I'm very busy this morning, and I haven't any more time to waste on any such idiotic line of talk as this."

"But I don't think you understand all the advantages, Agnes. Maybe we ought to talk to Joe; he might want the cow."

"If Joe takes a cow on this trip, I stay behind."

"Won't you even talk to Joe about it, Agnes?"

"If you want to, Vergil, you can talk to him yourself. But it won't do any good. You can probably find Joe downtown somewhere, or else out at your uncle's farm."

"At my uncle's farm! You don't mean he's gone out there?"

"I don't know. When Joe left here, he said he was going downtown to do a couple of errands. He also said that if he had time he might run out to the farm to get a glimpse of the trailer and see how it looked."

"Say, that's awful! Why didn't you tell me about this before?"

"You don't have to yell at me, Vergil. What's the matter with you today, anyway?"

"Nothing, Agnes. Only, I think—if you'll excuse me—maybe I'd better call up the farm. If Joe is really going out there, I want to head him off. Good-by."

Vergil slammed the receiver on the hook and jiggled it furiously. When he got the operator, he called his uncle's farm. A moment later, his Aunt Susan's calm voice came over the wire.

"Hello," she said.

"Listen, Aunt Susan," said Vergil. "You've got to help me. Everything is in a worse mess than ever."

"Mercy, Vergil, what's the matter now?"

"Everything is the matter, Aunt Susan. I've just been talking to Agnes Pelton. She and Joe are getting married tomorrow. They won't put it off. If they can't have the trailer this afternoon, they won't take it at all. They won't buy the cow. They won't do anything I want them to."

"Wait a minute, Vergil."

"There's no time to wait, Aunt Susan. You tell Uncle Wilbur to get that cow out of the trailer this afternoon. He's got to do it, even if he has to take it out in pieces."

"But, Vergil——"

"And here's another thing: Joe Reynolds may show up at your place sometime this morning. If he does, you've got to get rid of him. Whatever you do, don't let him get near that trailer."

"Now, don't get excited, Vergil. Just try to hold onto yourself. Your friend Joe has already arrived."

"He has! When?"

"I don't know—maybe ten minutes ago."

"Has he seen the trailer?"

"Yes."

"Good Lord! What did he say about it?"

"He said it was all right. He was much pleased with it."

"But what about the cow?"

"He doesn't know anything about the cow."

"If he saw the trailer, how could he help knowing about it?"

"Your uncle had already removed the cow. He took it out in two pieces."

"Uncle Wilbur chopped the cow in two?"

"No. All he had to do was lift out the cutest little calf that was born this morning—several weeks before we expected it. Then the cow just walked through the door by herself, as easy as you please and with plenty of room to spare. And by the time Joe got here, your uncle had the trailer all cleaned out and in perfect condition."

"Honestly, Aunt Susan?"

"Yes, and Joe decided he might as well hook onto it and take it to town right away. So he gave your uncle a check for $1,100, and away he went. Your uncle is going to town after lunch, and he will bring the check in to you."

"Gee, Aunt Susan, that's swell! . . . Wait a minute. I think somebody's calling me from the shop."

"All right then, Vergil. Good-by."

"Good-by, Aunt Susan."

As Vergil hung up the receiver, the raucous voice of Mr. Johnson came floating in from the rear of the garage: "Hey, Vergil! When are you going to finish washing Mrs. Riggs' car?"

"I'm never going to finish washing Mrs. Riggs' car!" Vergil yelled back. "I'm quitting this job right this minute! From now on, I'm a manufacturer of high-grade automobile trailers!"

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Update on PSA

continued from page 23

Major publications have been instrumental in, and are to be praised for, creating and promoting such events as Prostate Cancer Awareness Week (usually held toward the end of September). Support groups for men with prostate cancer have begun to spring up across the nation, as did support groups for breast cancer decades ago. US TOO, formed in Chicago almost four years ago, now has 225 chapters in 45 states and five Canadian provinces. MAN-TO-MAN, formed about the same time, now has 75 chapters. Other groups, such as Patient Advocates for Advanced Cancer Treatments (PAACT) have been disseminating more technical information to prostate cancer victims.

Now, however, more is needed. Dr. Richard Howe of Houston, a recognized advocate for prostate cancer patients, believes that now is the time to form a National Prostate Cancer Coalition. I enthusiastically second his motion. The purpose of this organization would be similar to that of the successful National Breast Cancer Coalition—to raise national awareness while campaigning for research money. Fiscal year 1993 saw $410 million spent on breast cancer research and only $39 million on prostate cancer research. That comes out to $9,000 per breast cancer death per year, versus $1,100 per prostate cancer death per year. These figures do not include such monetary figures as the two-cent-per-pack tax placed on cigarettes last year in California earmarked for breast cancer research. That's about $38 million per year.

There are many men out there whose cousins, hopefully, never have to die the way mine did. Of course, with my family history, I am one of those at high risk, and I will certainly get my PSA checked every year.

Rockwell's Legacy

continued from page 43

In mid-World War II, *The Saturday Evening Post* provided the showcase for Rockwell's most ambitious and noteworthy work: the four pictorial representations of President Franklin D. Roosevelt's Four Freedoms: *Freedom of Speech, Freedom of Worship, Freedom from Want*, and *Freedom from Fear*. First offered to the U.S. Government without charge, the paintings were turned down by some middle-level bureaucrat who condescendingly told Rockwell, in effect, that they wanted the work done by a "first-rank artist." On his way home from Washington, the scorned illustrator stopped off in Philadelphia to show his paintings to Ben Hibbs, editor of *The Saturday Evening Post*. Hibbs immediately accepted them, not as covers but as featured illustrations, one a week, with accompanying essays by distinguished writers.

Reproduced by the millions, they became great patriotic sermons, raising vast sums in war bonds and strengthening popular support for the war effort. *The New Yorker* magazine wrote of them in April 1945 that they "were received by the public with more enthusiasm, perhaps, than any other paintings in the history of American art." Today, they are a central attraction of the museum.

From early in his career, Rockwell's happy, upbeat, naturalistic style (plus his growing fame) brought him countless commissions from major American corporations for illustrating calendars and advertisements. It was a blue-ribbon list of clients and products: Massachusetts Mutual Life Insurance, Pan American World Airways, Chase Manhattan Bank, Campbell's Soups, Interwoven Socks, Arrow Shirts, Goodyear Tires, Carnation Milk, Del Monte Foods, Paramount Pictures, General Motors, Ford, Chrysler—and many more.

He did commemorative stamps for the U.S. Postal Service; posters for the U.S. Treasury Department, the military services, and Hollywood movies; mail-order catalogues for Sears-Roebuck, Montgomery Ward, and Top Value Trading Stamps; greeting cards for Hallmark; and a huge Yankee Doodle mural for The Nassau Tavern in Princeton, N.J. Between 1912 and 1940, he did illustrations for 43 books, including new printings of *The Adventures of Tom Sawyer* and *The Adventures of Huckleberry Finn*. Museum holdings also document these assignments.

Rockwell's portraits of the notable figures of his day, usually done for magazine publication, became popular icons: Charles Lindbergh; Presidents Eisenhower, Nixon, Kennedy, Johnson, and Reagan (before his election); other political figures, such as Barry Goldwater, Adlai Stevenson, Hubert Humphrey,

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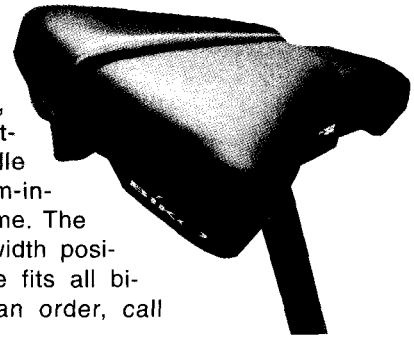

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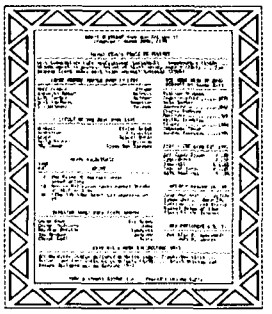

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Nelson Rockefeller, Bobby Kennedy, and George McGovern; movie stars John Wayne, Gary Cooper, Bob Hope, and Ann-Margret; three generations of the Henry Ford family; and countless others. His John F. Kennedy painting was the only cover the *Post* ran twice; it ran the second time with a black border just after JFK's assassination.

Rockwell has been commonly categorized as a "true" conservative, a patriot, an upholder of tradition, and an old-time, small-town enthusiast for apple pie, Mom, and baseball. He was all of those. Rockwell's multifaceted works preserve and affirm the great strengths, moral purposes, social values, hopes, and dreams of Americans at their best. But he was no parochial, narrow-minded right-winger. A warm-hearted, caring human being, he knew about human suffering, social ills, and the need for responsible change.

His *Freedom of Worship* painting and another called *Golden Rule* make clear his sense of the unity and equality of all races and nationalities. Perhaps the museum's most moving, dramatic work is an oil painting, reproduced in *Look* (January 14, 1964), entitled *The Problem We All Live With*. It shows an African-American girl, school books in hand, solemnly marching in step with four sets of legs. The men's faces are not shown, but their identity is clear from the words on their armbands: U.S. Marshall. The message is even clearer about the school integration struggle in Selma, Alabama, and elsewhere.

Mostly, Rockwell let his art speak for him, but occasionally he made a speech or wrote something that gave fresh insight on the inner man. In a 1963 lecture, he said, "I am wildly excited about painting contemporary subjects—pictures about civil rights, astronauts, the Peace Corps, the poverty program." Besides those subjects, he painted ordinary Russian people at the height of the Cold War, showing them as appealing human beings. He did a strikingly beautiful, but grim painting of Christmas in Bethlehem that subtly showed the tragic Israeli-Palestinian political and military confrontation even in the midst of holiday celebration. It has a prominent place in the Museum exhibit, as timely today as when he painted it more than two decades ago.

Nevertheless, one of the most self-revealing things he ever said was his reappraisal years later of his lavishly praised Four Freedoms. He thought he got *Freedom of Speech* and *Freedom of Religion* right. However, he was critical of the two other freedoms. *Freedom from Want*—a grandmother setting a great platter of roasted turkey on a dinner table surrounded by a well-fed family—came to represent something else: not freedom from want for starving millions around the world, but American "abundance, the table was so laded down with food," he said. Likewise, the portrayal of *Freedom from Fear*—a lovely young mother tucking two lovely young children into a comfortable, big double bed—troubled him. As he thought about the children of Britain, who were then cringing in bomb shelters on whatever cots and pads were available, he believed he had given way to "a smug idea."

Such honesty, compassion, and humanity in no way contradicts his evident love for America, small towns, friendly neighbors, and a rooted, traditional way of life. Robert A. M. Stern, the New York-based international architect who designed the museum, says he was determined to create an unpretentious building rooted in the small-town traditions of New England so long identified with Rockwell. He has done just that.

Speaking of the man and the artist, Stern says: "Rockwell's art mirrors our world—or at least an ideal, slightly lost version of that world. . . . Mom and apple pie are very good institutions, and so was Rockwell's America—despite the presumed shortcomings of its seeming simplifications. Rockwell was really a very fine artist. He captured in ways no one else has how America was, and how a large part of it wants to be."

As you wander through the galleries examining the faces of visitors intently studying Norman Rockwell's works, and watching them smile as they leave, you are thankful a man with such talents lived and painted as he did, leaving hopeful messages for young and old, and for generations yet to come. ▲

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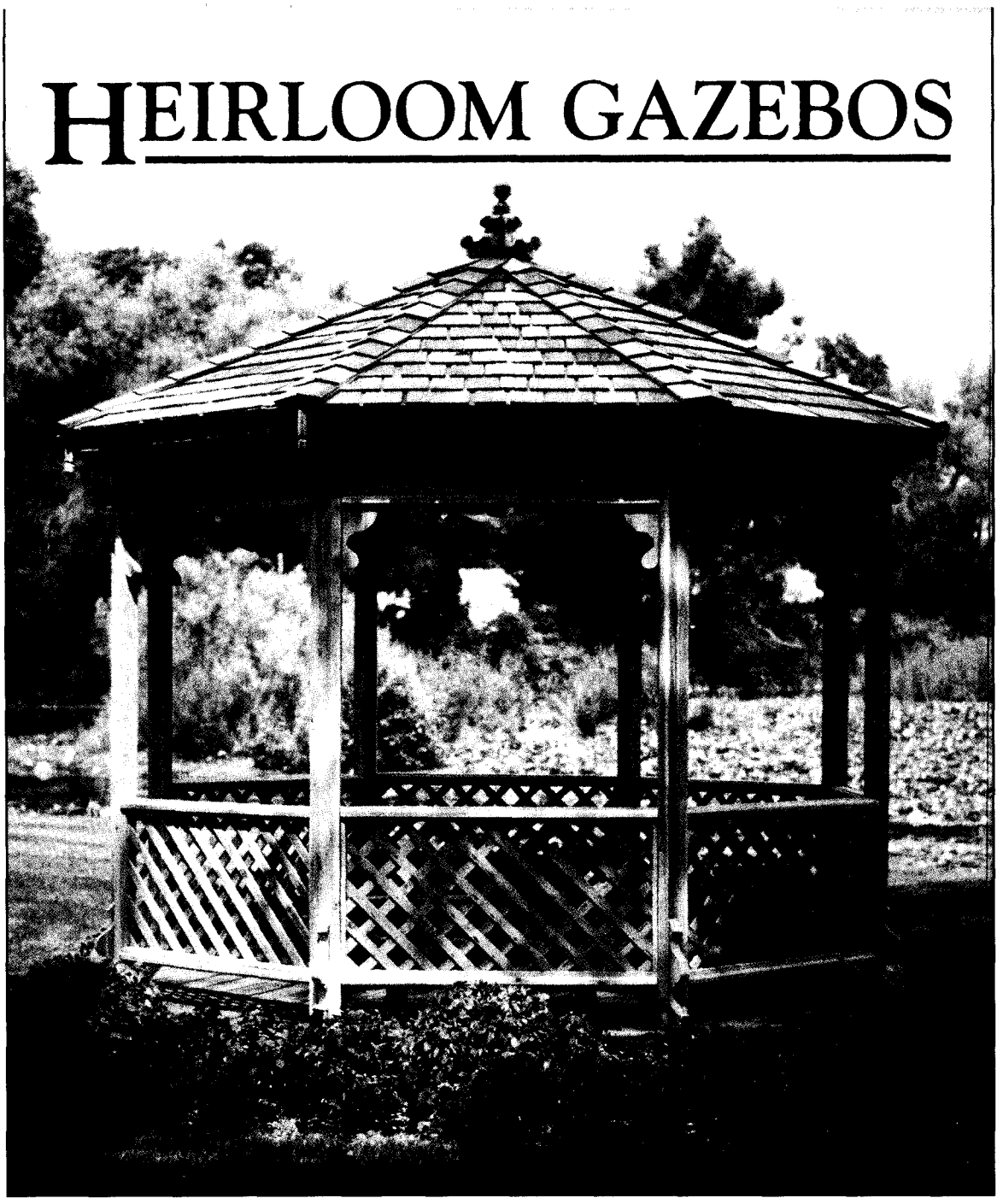

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VARIATIONS ON A THEME

From a sprawling Great Wall of China to a towering coaster called "Magnum," America's theme parks go to great lengths—and heights—to lure vacationers.

by John McCollister and Patrick Perry

The steady tug of the roller coaster chain lulls riders into a false sense of calm. The slow ascent allows passengers to absorb Lake Erie's panoramic view. (Ah, the serenity.) By the time one reaches the crest of the ride, however, peaceful moods nosedive—20 stories, to be exact. Passengers' eyes widen in terror, staring down—way down—the corridor of the coaster's rails. Then, *whoosh*! Plummeting 205 feet at 72 miles per hour, the coaster, appropriately called "The Magnum," barrels toward earth, bending, climbing, dipping, and diving, carrying riders through two minutes of sheer exhilaration.

For the daring of all ages, amusement parks are synonymous with roller coasters, which themselves have become synonymous with Cedar Point, often referred to as "America's RollerCoast."

Tucked away on a 364-acre Lake Erie peninsula in Sandusky, Ohio, Cedar Point earned an entry in the *Guinness Book of World Records* for having the most coasters in the world—11! Believe it or not, coasting is serious business. American Coaster Enthusiasts is a nonprofit club whose members promote the preservation, appreciation, and (most of all) enjoyment of roller coasters throughout the world. Of the approximately 234 "rollers" in North America, the organization rates Cedar Point's wooden "Goliath," the "Mean Streak," and the sleek "Magnum XL-200" as "world-class coasters . . . a must-ride" for serious enthusiasts.

This May, Cedar Point unveils the newest addition to its roster: the ominous-sounding "Raptor." Using suspended cars (similar to chairlifts) on an inverted track, "Raptor" sends passengers looping upside down on the outside of the structure. "Raptor" looms 137 feet high, goes 57 mph, and has a 45-degree, 119-foot drop, making it the world's tallest, fastest, and steepest of its kind.

Although the menu for coasters ranges from the daring "Raptor" and world-class "Magnum XL-200" to the tamer "Jr. Gemini" for pint-sized daredevils, many visitors favor the "Mean Streak," especially at night. The experience of riding up and over 12 hills and through steep valleys (dropping at speeds of 65 mph) is unforgettable, especially since the folks at Cedar Point decided that riders' facial expressions before the expedition would make an ideal Kodak moment. Thus, they installed cameras at the crest of the ride to

continued on page 84

To out-wow the competition, theme parks add new attractions annually. This month, Knott's Berry Farm unveils "Mystery Lodge," the largest expansion since "Bigfoot Rapids" (above) in 1988. At right, agile acrobats flip for Central Florida's Splendid China.

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As of last summer, 234 roller coasters were providing ups and downs for fans across North America—a far cry from the more than 2,000 that existed in the 1920s. Several (among them "Raptor") are set to open this year and will join perennial favorites such as Cedar Point's "Blue Streak," shown here.

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Desert Oasis

An overnight stay at the plush Phoenician prompts guests to respond with a range of accolades from a simple "Wow!" to "Have I died and gone to heaven?"

by Trudy Thompson Rice

How can 130 acres of resort "nestle" anywhere, especially in the heart of a thriving metropolis known as "The Valley of the Sun"?

Yet, this 130-acre stretch of paradise is home to 18 PGA-approved holes scattered across lush green fairways. It boasts seven swimming pools; 11 tennis courts; 580 elegant rooms, suites, and casitas; plus a Centre for Well-Being that soothes and challenges body and soul. Restaurants cater to tastes ranging from Mediterranean Country to Southwestern Casual to traditional English tea. A skilled staff provides attentive service for vacationers and business travelers alike.

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Phoenix is just outside her gates, yet the Phoenician bestows a feeling of calm to the stressed-out guest or even the "townie" seeking a brief respite from life's hassles. The resort is nine miles north of Phoenix Sky Harbor International Airport and less than a mile from nearby Scottsdale's shopping, dining, and arts districts.

The combination of landscaping and architecture makes this resort seem to nestle into the venerable Camelback Mountain. Even in the heart of Arizona's Sonoran desert, the landscaping is lush and mature, accented with sculpture and unusual specimens of cactus. Architecture is at once impressive and unobtrusive.

Since its opening in October 1988, the Phoenician has been a favorite of international business travelers. However, in the last three years, it has earned a spot on the spa-goer's "must do" list and is rapidly earning a reputation as a family-friendly vacation location.

The Centre for Well-Being (the Phoenician's spa) reflects a philosophy of "intuitive choice," which, says Director Jossie Feria, "suggests that we have within us an inner wisdom and understanding of what is right for us. Optimizing our health and well-being involves making choices throughout our lives that are consistent with this understanding."

The Centre's staff of fitness, nutrition, psychology, and personal services professionals are there to guide guests in their relaxation choices. The 22,000-square-foot Centre is divided into two floors. The "quiet area" is where guests can retreat for body treatments, massages, and even meditation in a garden atrium.

A range of services includes aromatherapy massage, Ayurvedic therapy (based on a 5,000-year-old East Indian lifestyle science using the powers of plants and herbs), and Southwestern treatments that rely on centuries of wisdom gained by Native Americans. The Centre also offers the more routine services that civilization demands: haircuts and manicures.

Says Feria: "Our staff works to ensure that guests get what they need—whether it is privacy or guidance from a professional. We're here to provide it."

A high-ceilinged, glassed-in aerobics studio and weight training room offer guests a view of the tranquil green lawns of the Phoenician, with the Funicians' Clubhouse a few steps away where children ages 5-12 gallop through activities led by a trained staff. Each day of the week has a special

The 18-hole desert-terrain golf course guides players through lavish fairways, manicured greens, arid bunkers, needle-sharp cacti, and deepwater hazards. The backside of the course hugs the base of Camelback Mountain.

Young guests delight in the 165-foot twisting, turning water slide that is part of an acre of tiered pools and waterfalls. Also, for youngsters, daily supervised activities are headquartered at the Funicians Clubhouse.

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theme. Children can spend a few hours or all day at the Clubhouse, with activities planned around themes such as "Proud to Be Me," "Desert Discoveries," "Wild West," and (a favorite of parents) "Easy Etiquette Day."

Holidays are celebrated with special events like a petting zoo at Easter, a family cookout on the Fourth of July, and lighting the Christmas tree at the historic Jokake Inn. Summertime brings summer camp to the Phoenician, where local children and children of guests spend a week in activities designed to teach them about saving the earth, making healthful choices, and just having fun.

Teens have their own special programs during holidays, summer vacation, and long weekends. Sand volleyball, desert jeep rallies, and pizza and pool parties mark their time at the Phoenician.

Summers in the Arizona desert are hot, but guests of all ages can cool off in the Phoenician's seven swimming pools that cater to guests with different interests. There is a pool for the serious lap swimmer, a pool for the guest who wants to trail a foot in the water while reading a book, and one for the kids of any age who want to swoop down a 165-foot water slide or join a game of water volleyball. There are also other pools for everybody else.

The Phoenician also offers many culinary alternatives. Executive Chef Greg Waldron and other Phoenician chefs worked with light-cooking pioneer Jeanne Jones to develop an extensive selection of healthy menu dishes known as "Choices Cuisine" at the Phoenician.

"The 'Choices' selections don't look or taste like what people have traditionally conceived of as healthy food," says Waldron, "meaning many of our diners are interested as much in taste as they are in its good-for-you composition—maybe even more." Items such as Braised Leek Dumplings in a Spiced Ginger Bouillon and a salad of Grilled Mexican Shrimp in Sonoran Seasonings with Lime illustrate his point.

Chef de Cuisine Alessandro Stratto presents a lavish Sunday brunch in The Terrace Dining Room, and he also prepares the contemporary cuisine in Mary Elaine's. More casual diners enjoy Windows on the Green, where Chef Robert McGrath combines ingredients native to the Southwest to create flavors ranging from subtle to spicy. Snackers find their way to the Cafe and Ice Cream Parlor, or the poolside Oasis. There are six hidden picnic areas on the grounds, and Phoenician chefs will pack a gourmet picnic basket for the guest who just wants to make the most of the desert sunshine.

One frequent guest sums up the Phoenician experience: "I go to Phoenix for business, and I go to the Phoenician for a treat."

Rooms with a View

A lobby graced with imported Italian marble, Persian rugs, crystal chandeliers, and gold leaf detailing suggests more than an ordinary luxury hotel. As the inner furnishings reveal, the Phoenician is also a treasury of museum quality art from 16th century Flemish paintings and 18th century Italian landscapes to 300-year-old French tapestries, Chippendale mirrors and settees, and American Indian art. Included in the mix are unusual works made from prehistoric fossils and geodes and 70 million-year-old ammonite shells. All Phoenician rooms have a view, including the resort's two 3,200-square-foot Presidential suites that come complete with baby grand piano, gourmet kitchen, formal dining room, casual living room with fireplace, and 24-hour butler service.

Extra amenities extend outdoors as well to the 100 acres of verdant fairways and a scenic cactus garden boasting 350 varieties of blooming succulents that attract colorful desert hummingbirds. Besides golf and tennis, guests may indulge in croquet, lawn bowling, badminton, ping-pong, archery, sand volleyball, basketball, bicycling, or chess on a life-sized board. "I've never seem anyplace like it in my life," says Lou Franco, a recent first-time guest from California. "It's the most magnificent place in the world. You will think you've died and gone to heaven."

Lou Franco tries his skill at life-sized chess while awaiting his golf partner and 18 holes on the splendid Phoenician golf course.

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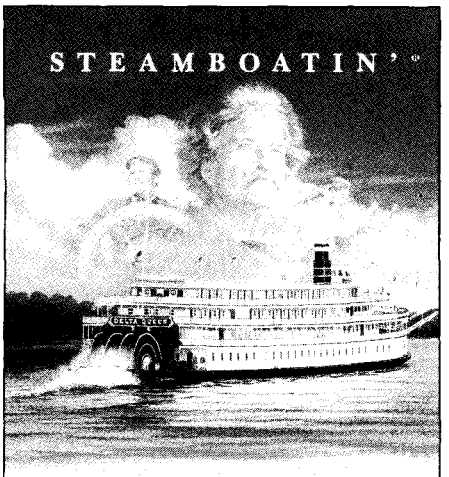

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MAUI NO KA OI

Variations on a Theme

continued from page 78

capture forever the panic-stricken faces of passengers plunging into the night. After catching your breath, you can purchase these "priceless" portraits at a booth nearby.

After a day on the tracks, visitors can cool off at Soak City water park, with ten water slides guaranteed to keep up with the day's rolling pace. Or, you can slow down with a relaxing inner tube river ride that weaves around the park's perimeter.

Family rides, like an old-time paddle wheeler or a sweeping glimpse of the peninsula from the 136-foot-tall Ferris wheel, guarantee a good time.

Also, check out the famed Hotel Breakers. A National Historic Landmark, the Breakers features a beautiful lobby filled with antique wicker furniture and is surrounded by stained-glass windows, designed by Louis Buser of Tiffany's.

Inside Track, the international publication covering worldwide amusement park news and trends, asked its readers last year to rate the world's amusement parks. Cedar Point not only has the No. 1 roller coaster in the world (Magnum XL-200), but also was voted best park.

"Having the No. 1 roller coaster at the best amusement park in the world is a real coup," said Mark Wyatt, founder and editor of *Inside Track*. "Cedar Point is the first and only place that has occupied both the 'best coaster' and 'best park' categories at the same time."

Cedar Point is midway between Cleveland and Toledo. Open May 7 through Labor Day, the park offers more than 56 rides, as well as on-site first-class accommodations, beaches, slips for overnight boaters, and a Camper Village RV campground.

Universal Appeal

Does traveling from the New York sidewalks to the streets of San Francisco, from a New England village to Gramercy Park, from the Garden of Allah to Angkor Wat all in one day sound impossible? A fantasy, a pipe dream, the stuff of movies? Bingo!

Universal Studios Florida (there's a West Coast version in Hollywood) offers a glimpse behind the scenes of a real working movie and TV studio. Stroll through Central Park, walk down Rodeo Drive, or snack at Schwab's drugstore, where Lana Turner was discovered. Replicas of all-too-familiar sets line the brick and cobblestone streets. Isn't that the Beverly Wilshire Hotel from *Pretty Woman*? How about Orphan Annie's orphanage and Maria's balcony in *West Side Story*? And over there, the home of the "Golden Girls"? Finally, who couldn't recognize the mansion ominously overlooking the park as Anthony Perkins' home in *Psycho*?

Behind the scenes, busy TV crews draw willing participants into the creative process. You might be named executive producer of the next episode of "Murder, She Wrote." Join the audience in the mezzanine during "Nick at Night," produced in Universal's Nickelodeon Studios.

Universal Studios Florida is not just an attractive back lot of props; it also has produced some of the most famous adventure and action thrillers of all time, such as *Back to the Future*, *E.T.*, and *Raiders of the Lost Ark*. Playing on the success of its movie stable, the studio has created movie "rides" that pick up where the movie left off and cast you as the star. Overseeing the creation of Universal's amusement-park rides is the master of fantasy himself: filmmaker Steven Spielberg, director of *E.T.* and the Indiana Jones trilogy.

Everybody loves E.T., and the "E.T. Adventure" is not to be missed. Carried on a bicycle through a redwood forest, chased by the police and the Army, you can't help feeling what making the movie was like. Director Spielberg oversaw the production of this ride with particular care, recreating a fantasy world of sights and sounds equal to his vision of the original movie.

In the "Back to the Future" attraction, thrill seekers jump into a DeLorean under the guidance of "Doc" to prevent diabolical "Biff" from destroying the planet. Blasting through the space-time continuum, the vehicle sideswipes buildings, dives into active volcanoes, is swallowed by a *Tyrannosaurus rex*, and collides with a glacier without leaving the room or the ground. For the strong of heart, this ride is a thrilling sensory assault.

In "The Art of Making Movies," Alfred Hitchcock's unique film technique is explored. Learn how Hitchcock filmed the infamous shower

continued on page 89

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POST BOOK SHELF

WINSTON AND HIS WAY WITH WORDS

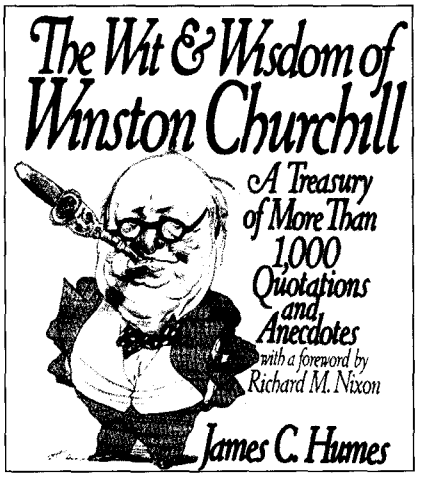
Getting in touch with the epic personality of our times.

The Wit and Wisdom of Winston Churchill
by James C. Humes
234 pages, HarperCollins, $20.00

On November 30, 1949, Winston Churchill celebrated his 75th birthday. A photographer at the birthday event said, "I hope to have the opportunity to take your photograph on your 100th birthday."

Churchill looked the photographer up and down. "I don't see why not," he eventually replied. "You look healthy enough."

The engaging wit of the man whom many consider the most charismatic figure of the 20th century deserves a book of its own, and now it has one. *The Wit and Wisdom of Winston Churchill* by James C. Humes chronicles some 1,000 Churchill quotes and anecdotes ranging from the serious and insightful to the highly amusing.


The Wit & Wisdom of Winston Churchill
A Treasury of More Than 1,000 Quotations and Anecdotes
with a foreword by Richard M. Nixon
James C. Humes

Humes, a speechwriter for five former presidents (including Richard Nixon, who provided the introduction), knows his subject well. He has lectured on Churchill in all 50 states (as well as 23 countries) and performed a one-man show on Churchill before audiences, including the White House, the British Embassy, the Smithsonian, and various colleges.

"To know Churchill is to be in touch with the epic personality of our times," Humes writes. "Churchill is bigger than life, and the range of his abilities and achievements (as soldier, journalist, author, artist, sportsman, historian, orator, statesman, inventor, and stone mason) is just as large. For any student of history or lover of language, there is no greater subject than that of Winston Churchill."

This treasury of verbal swatches, quotes, and anecdotes will have you thrilling again to that voice rumbling across the House of Commons: "I have nothing to offer but blood, toil, tears, and sweat." Also, in tribute to the RAF Spitfire and Hurricane pilots who turned back Hitler's *Luftwaffe*: "Never in the field of human spirit was so much owed by so many to so few." After France surrendered and Britain was left to fight the war alone, Churchill concluded his historic speech, "Let us therefore brace ourselves to our duties and so bear ourselves that, if the British Empire and its commonwealth last for a thousand years, men will say, 'This was their finest hour.' " (President John F. Kennedy said of these and other wartime speeches, "He mobilized the English language and sent it into battle.")

If you are given to tears from laughter rather than from sentimentality, however, don't continue in this book without having a hanky handy.

On animals: "Dogs look up to man, cats look down on them, but pigs just treat us as equals."

On exercise: "I get my exercise being pallbearer for those of my friends who believe in regular running and calisthenics."

On lies: "There are a terrible lot of lies going around the world, and the worst of it is, half of them are true."

Dipping into the chapter "Observations and Opinions," we read, "Nothing in life is so exhilarating as to be shot at without result."

Chapter "Saints and Sinners" explains, "Churchill's knowledge of history enabled him to understand more perceptively his own colleagues, rivals, and foes in the political and world areas."

On Clement Attlee, Socialist party leader and prime minister during 1945-51, Churchill said: "He is a modest man with much to be modest about." Also: "He is a sheep in sheep's clothing."

On Stanley Baldwin, Conservative party leader and prime minister during the 1920s and '30s: "Occasionally, he stumbled over the truth but hastily picked himself up as if nothing had happened."

Sir Stafford Cripps, Socialist Chancellor of the Exchequer (the British government's minister of finance, the position Churchill held from 1924-29), teetotaler, and vegetarian: "There but for the grace of God goes God."

John Foster Dulles, U.S. Secretary of State, 1953-59: "He is the only bull I know who carries his own china closet with him."

"Escapades and Encounters," the last of the five chapters, alone is worth the book's price. A single excerpt will serve:

Having won a seat in Parliament at age 26, Churchill grew a mustache to make himself look older. A woman acquaintance who was not enthusiastic about his independent political views met him at a dinner party.

"Winston," she scolded, "I approve of neither your politics nor your mustache."

"Madam," Churchill replied, "you are not likely to come in contact with either."

continued on following page

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The new book "The Vinegar Book" by natural remedies author Emily Thacker, shows you over 300 ways to use vinegar for fighting germs, easing pain, improving health, cutting grease, and cleaning tips for a natural sparkle! She gives you recipes to make your own flavored vinegar that will perk up the taste of your food!

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- Calm nausea

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- Stop hiccups
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- Those of the ancient world combined vinegar with plants for maximum medicinal value?
- Without vinegar, Hannibal's march over the Alps to Rome may not have been possible?

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- One third of the population uses some form of alternative medicine. The National Institute of Health has recently established, for the first time ever, an Office of Alternative Medicine. The new agency is almost entirely dedicated to exploring the value of old-time, traditional, low-tech health remedies.

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As one delighted reader of *The Wit and Wisdom of Winston Churchill* noted:

"Churchill said, 'It was my ambition all my life to be a master of the spoken word.' He succeeded."

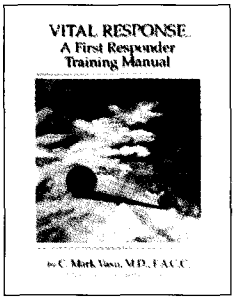
—*Maynard Good Stoddard*

VITAL RESPONSE:
A First Responder
Training Manual
by C. Mark Vasu, M.D., F.A.C.C.,
230 pages, Cordith and Associates,
$22.95

You're working alone with a coworker in a building apart from other employees. Suddenly, your coworker is dizzy and feels ill. You ask if something is wrong. He tries to tell you, but his speech makes no sense. You immediately realize this is serious and you must get medical help fast! You find the phone, but there's no emergency number. There's a nurse station in the building just a half block away. So you tell him to remain calm while you run for help.

Did you do the right thing? If you think so, you'd better rush out immediately and get a copy of *VITAL RESPONSE: A First Responder Training Manual* by C. Mark Vasu, M.D.

Twenty-five years ago, Dr. Vasu, one of America's foremost experts in emergency medicine, helped pioneer America's first police paramedic team in Grand Rapids, Michigan. The idea of a highly trained, early-treatment system caught on and swept the country, revolutionizing prehospital care for victims of illness and accidents. Yet, as Dr. Vasu points out, professional EMT rescue squads can save people only if reached in time. "It takes very little time after an emergency incident for irreversible harm or even death to occur," he warns. That critical period is often just 12 minutes or less. Although an efficient ambulance service can respond in an average of eight minutes in metropolitan areas, the time lapse may be longer in rural areas and congested big cities. In either case, there may be a delay locating and responding to the victim. Studies show that there has been little decline in deaths from cardiac arrest and severe trauma in the last ten years, despite the efforts of EMS systems nationwide.

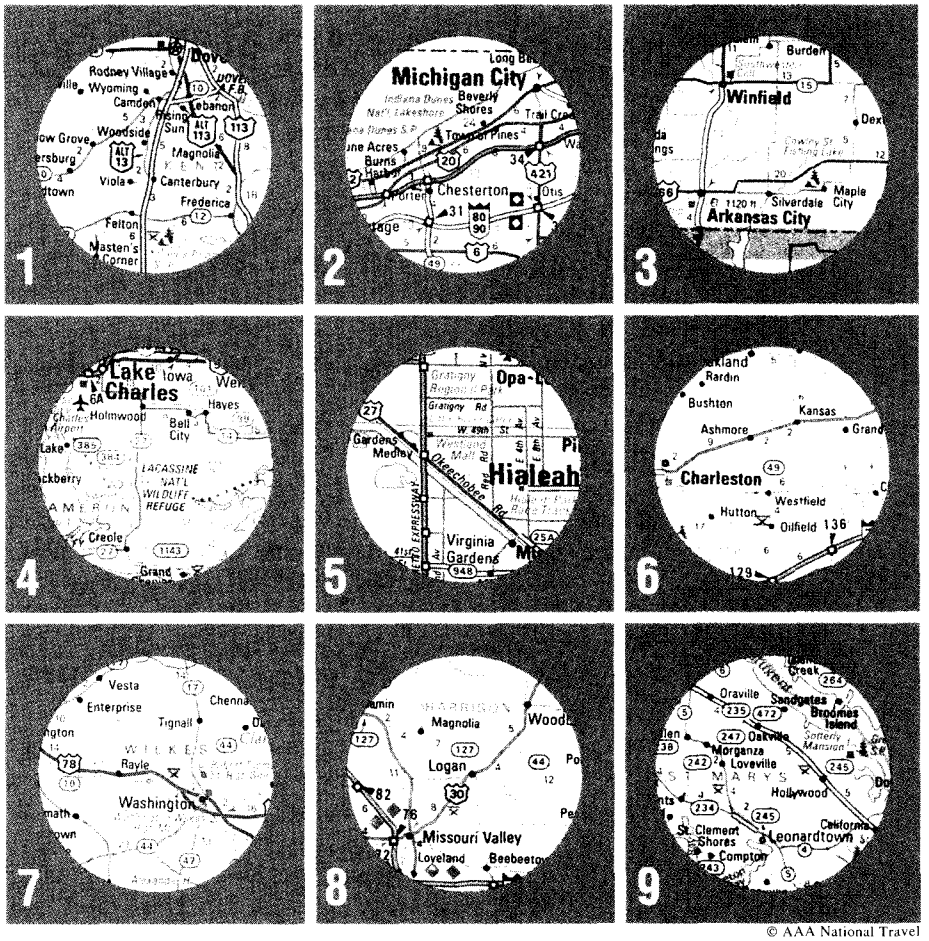


Solving this problem is what the vital response manual is all about. The book is designed for teaching vital response technicians (VRTs) and meets the educational requirements for first responder training as developed by the U.S. Department of Transportation. VRTs are ordinary people who, with a minimum of just 41 hours professional training and the use of the vital response manual, can make the difference between life and death in accident situations. Dr. Vasu believes VRTs should be present in the workplace, schools, resorts, airports, planes, athletic events, or homes, wherever people gather.

Being a VRT is more than simply knowing CPR or first aid, he says. A VRT is the link between the victim and advanced emergency medical services, filling the "deadly gap" between the moment an incident occurs and the time advanced care arrives.

For a first responder, knowing what *not* to do is as important as knowing what to do, as the above incident at the factory (drawn from a more detailed case study in the VRT manual) illustrates.

What would a trained VRT do in these circumstances? According to Dr. Vasu, he first would pose some questions. Suspecting a possible stroke, he might ask, "Does your head hurt?" Even if the victim could not speak, he might still nod or shake his head. He certainly would not leave the



© AAA National Travel

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you find the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 103)

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victim unattended, because a stroke victim can black out and fall, causing further damage. A VRT would walk to the phone, call the company's central emergency number (which he would know), and describe the victim's symptoms. The operator would call EMS right away and guide the ambulance to the scene. Meanwhile, the VRT would collect a blanket and portable oxygen from a kit always kept close at hand. He would cover the victim with the blanket and administer oxygen while periodically checking blood pressure until the EMS arrived.

The VRT manual answers many questions about emergency actions, such as when and whether you should call for help. According to the manual, one should head for the nearest phone if the patient is not breathing, has no pulse, appears to be unconscious or losing consciousness, or has serious external wounds or possible internal injuries. Calling an emergency service quickly is the first priority in any emergency. If the patient is not breathing, perform CPR for one minute, then call. What if a victim has been stabbed and the weapon is still imbedded? Should you attempt to extract it? Never. The best thing to do is wrap bandages around it, holding it immobile.

Because the manual offers the latest treatment advice for a range of medical emergencies, from rescue breathing to stopping bleeding to delivering a baby at the workplace, it would be invaluable if simply used as a home first-aid reference guide. It is easy, however, to catch the enthusiasm of the author's vision. "Ninety-nine percent of the industries in this country do not have a well-defined operational emergency medical services system, or even first responders in their organizations," Dr. Vasu says. An army of volunteer VRT trainees would "make it possible for every person involved in an emergency situation to have a chance to live because a vital response technician was instantly available."

VITAL RESPONSE: A First Responder Training Manual is available from Cordith & Associates, 2827 Reeds Lake Blvd. SE, Grand Rapids, MI 49506. ▲ —*Ted Kreiter*

Variations on a Theme

continued from page 84

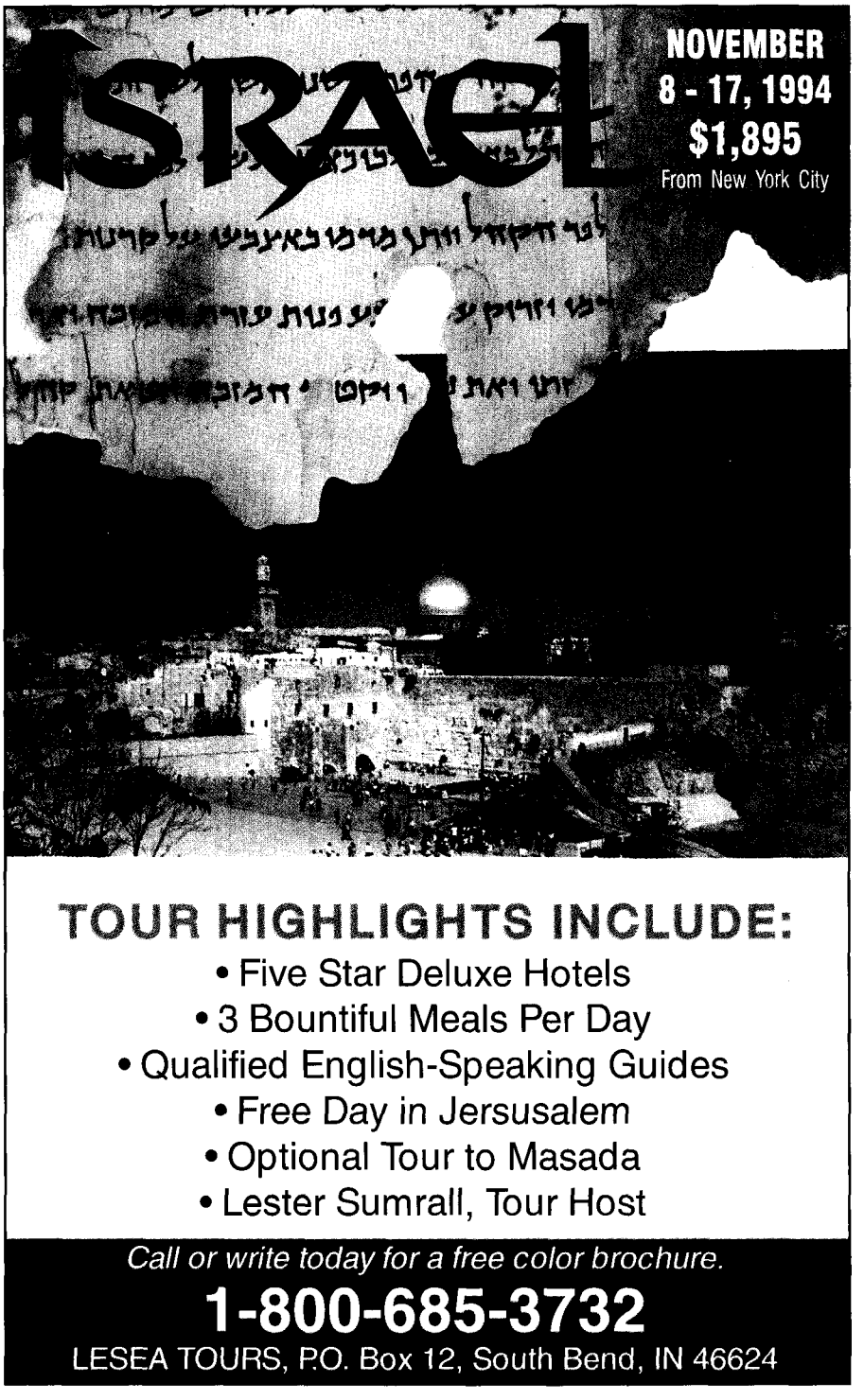
scene in *Psycho*. Put on 3-D glasses and test your sanity as flocks of "birds" fly right at you and pick you for a perch.

One of the most publicized rides in Universal is "Jaws." Once again, you're in Amityville, a New England fishing town on the northeast coastline. A 32-foot, realistic-looking, killer great white shark assaults the boat continually throughout the six-minute adventure ride, triggering enough fiery explosions to singe your eyebrows.

Universal's rides are guaranteed to deliver memorable trips to the future and the past. There are too many attractions to mention here, but don't miss the upbeat and well-produced "Beetlejuice's Graveyard Revue" and "Kongfrontation."

Baby boomers who grew up with Lucy and Desi in their living room will love "Lucy: A Tribute." Filled with personal letters, handwritten scripts, famous costumes, and hilarious video clips from "I Love Lucy," this attraction offers a touching, personal glimpse of America's first TV couple.

A rule of thumb: Plan to spend at least 14 hours at the studio. Whether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you spend them in one action-packed, busy day or two less-hectic ones, Universal City Florida is one "movie" you won't soon forget.

From Chicken to Coasters

Real. That's what sets Knott's Berry Farm apart from every other theme park in the world. Here, you can pan for real gold from the side of a rippling creek. You can ride a real 1880s steam train or Overland Trails stagecoach. You can go head over heels on "Montezooma's Revenge," a high-flying roller coaster that accelerates from zero to 55 mph within five seconds, then loops skyward. If you prefer to relax, you can sit back and enjoy California's cool breezes as you ride a century-old, hand-crafted carousel. You can even travel back 60 million years to when dinosaurs ruled the planet.

Children, especially, love to romp in their own six-acre playground known as "Camp Snoopy," where they walk and talk with characters from Charles Schulz's "Peanuts" comic strip: Linus, Lucy, and good ol' Charlie Brown.

Knott's Berry Farm was founded as a simple berry stand on 20 acres of rented land by Walter and Cordelia Knott in 1920. To make a few extra dollars during the Depression, Mrs. Knott served chicken dinners to visitors. Soon, lines of people waited several hours for the pleasure of tasting her famous meals.

Wanting a diversion for the waiting patrons, Knott constructed a replica of an Old West town. That was the start of what, today, is one of the nation's premier family theme parks.

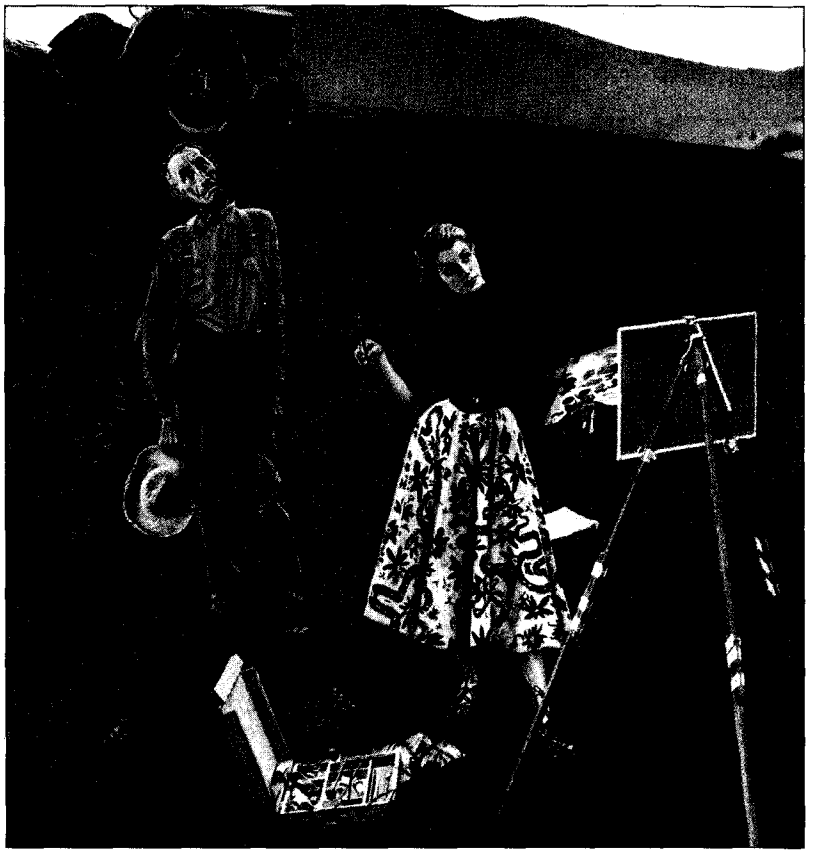
About 5 million guests annually visit the park with its 165 rides, shows, and attractions in five themed areas, including a rip-roaring "Ghost Town," an authentic reproduction of an 1880s mining town, and "Fiesta Village," a tribute to early Spanish California with its exotic bazaars and authentic Mexican cuisine.

Still owned by the Knott family, Knott's Berry Farm is located in Buena Park, 30 miles east of downtown Los Angeles and six miles north of Disneyland. In the more than 30 shops, guests can buy Mr. Knott's famous jams and preserves. And the restaurant still serves Mrs. Knott's famous chicken dinners.

The First Magic Kingdom

The genius of the late Walt Disney was never more apparent than on July 17, 1955, the day he opened his first theme park in Anaheim, California. Only someone with his insight could have envisioned Americans flocking to a modern never-never land inhabited by such fictional characters as Mickey Mouse and Donald Duck.

The major themes of Disneyland—including "Frontierland," "Adventureland," and "Fantasyland"—have become household words. Today, the magic continues, having taken on newer forms such as "Mickey's Toontown," where you can meet the world's most famous mouse backstage at his Movie Barn set. You can climb aboard



Can you name this picture?

. . . contest: *The Saturday Evening Post* will award $100 to the author of the winning limerick for this picture. Your limerick must contain exactly five lines.

Send your entry on a postcard. Entries will not be returned. Enter as many times as you wish.

Send entries to: Limerick Contest, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

All eligible limerick entries must be postmarked by June 24, 1994.

The winner of the May/June 1994 contest will be announced in the Sept./Oct. 1994 issue.

Our congratulations and a check for $100 go to Grant Treaster of Marble Canyon, Arizona, for the winning entry in our Jan./Feb. 1994 caption contest.

Their cheers brought the crowd to its feet;
This victory would surely be sweet.
But the last buzzer sounded
As their rival rebounded
With a long shot that spelled their defeat.

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"Donald Duck's Boat," go bonkers in "Goofy's Bounce House," or take a step above the rest of the family and catch a memorable view of the park from "Chip 'n' Dale's Treehouse."

The newest ride in Toontown is "Roger Rabbit's Car Toon," a dark ride akin to "Mister Toad's Wild Ride," with far more visuals.

In true Disney tradition, the evening's entertainment concludes with the spectacular Main Street Electrical Parade, this year featuring characters from *The Lion King*, Disney's latest animated movie, and the "Fantasy in the Sky" fireworks show.

Admission fees to Disneyland—or to any other theme park, for that matter—are not cheap. A family of four can expect to pay more than $100 for a one-day visit. However, in both Florida and California, you can contact the Walt Disney Co. about its several "package" options that allow for repeated visits to its theme parks over a specified period.

Nevertheless, visitors who exit the park rarely complain about prices. The eight themed lands, the more than 60 attractions, and the entertainment combine to enable each family to remember their visit to the happiest place on earth, which is just as magical now as the day it opened.

Six Flags Magic Mountain

Where do Bugs Bunny and Batman share the same address? Six Flags Magic Mountain in Valencia, California, a few miles north of Los Angeles.

Six Flags Magic Mountain is one of seven Six Flags theme parks in the United States. Others are in Arlington, Texas; Eureka, Missouri; Jackson, New Jersey; Gurnee, Illinois; Houston (Astroworld); and Atlanta.

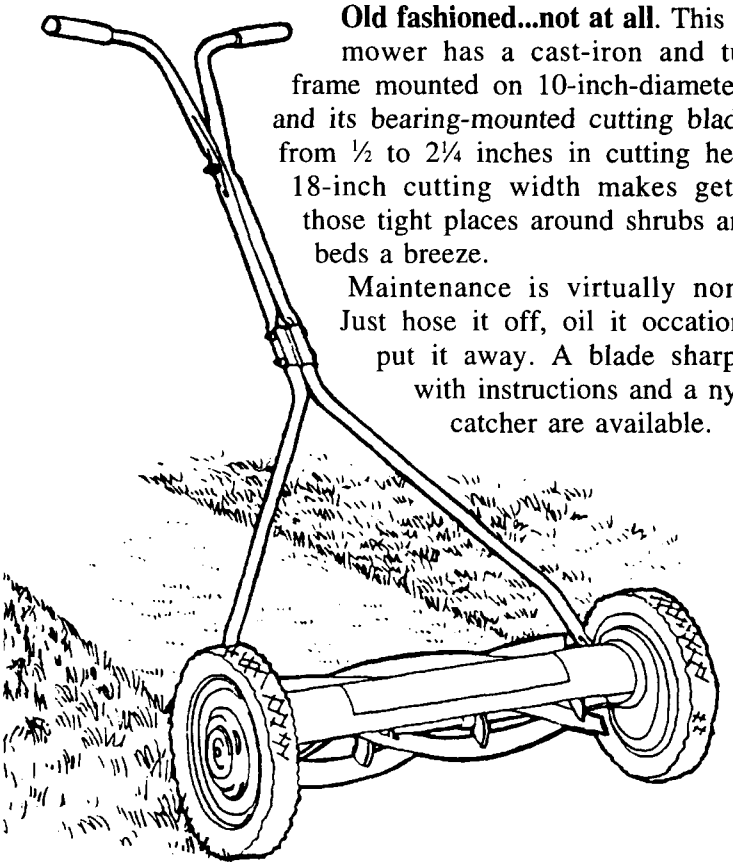
It's a roller coaster lover's paradise. Heading the list of adventures are the "Monster Coasters"—seven heart-pounding rides, including the "Revolution," the world's first looping coaster.

For kids, there's the opportunity to shake paws with Bugs Bunny, stomp the dirt with Yosemite Sam, and ride an old-fashioned jalopy with Daffy Duck. Mom and Dad can show off their thespian talents at the new "Dennis the Menace Screen Test," where they become part of a production.

Six Flags Magic Mountain is also noted for its water adventures, such as "Log Jammer" and "Tidal Wave." At "Roaring Rapids," visitors experience the thrill of whitewater rafting.

Exercise With a Purpose...

When you mow your lawn with this American-made reel mower.



Old fashioned...not at all. This 27-pound mower has a cast-iron and tube steel frame mounted on 10-inch-diameter wheels, and its bearing-mounted cutting blades adjust from ½ to 2¼ inches in cutting height. The 18-inch cutting width makes getting into those tight places around shrubs and flower beds a breeze.

Maintenance is virtually nonexistent. Just hose it off, oil it occationally and put it away. A blade sharpening-kit with instructions and a nylon grass catcher are available.

In fashion...definitely. Mowing with a reel mower is excellent exercise. There is the added benefit of no noxious exhaust fumes to pollute your lungs. It's easy on your ears, too (your neighbors will appreciate that feature). Plus, it does an excellent job on your lawn.

So, be good to yourself and to the environment. Replace your noisy, fume-belching power mower with a practical one and exercise with a purpose. Just fill in the coupon below to get started.

Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206-0130

❑ Reel Mower @ $139.95 ❑ Nylon Grass Catcher @ $24.95
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For faster ordering, have your credit card ready and call: **1-800-558-2376**

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Freeway routes to this theme park have been altered by January's severe earthquake; park attendants strongly suggest visitors contact the park for the best directions.

A Taste of the Orient

America's newest theme park spotlights one of the world's oldest and most complex civilizations—China. The 76-acre park in Kissimmee, Florida, is a few miles down the highway from Walt Disney World, but that's the only similarity between the two attractions.

Splendid China is an ambitious project that took more than two years and $100 million to complete. The grand entrance, "Suzhou Gardens," lets visitors experience life in a Chinese city, complete with bicycle-riding citizens weaving through lines of pedestrians.

Most impressive in Splendid China is the "Great Wall." This is a miniversion of the original, 1,500-mile landmark, yet this half-mile-long version is a masterpiece in its own right, built with more than 6 million hand-placed bricks.

Other interesting sites are the miniature replicas of the Forbidden City and Imperial Palace of Beijing. The Forbidden City miniature has hundreds of tiny clay figures that depict soldiers, statesmen, and peasants trying to survive amid the royal trappings of an imperial ceremony.

Nothing, of course, can replace a visit to the real thing, but for those of us whose schedules and finances prohibit us from touring the Orient, Splendid China offers a chance to sample the wonders of this ancient world. ▲

The Story of MRI

continued from page 57

was adequate and not evaporating from some new heat leaks, and be sure that the maze of electronics we had assembled to operate *Indomitable* for the scan was functioning according to "spec." It took me the better part of 14 hours to run through the two pages and 50 or so items on my MR scan checklist before we were ready for countdown.

By midnight, July 2, *Indomitable* was ready. Larry took his upright sitting position on the movable scanning rail inside *Indomitable*. He was positioned in *Indomitable*'s magnetic field so that the signal-producing "sweet spot" (pea-sized) was centered in his heart. Mike and I rushed to the controls to see if there was a signal. This was where things had come apart on my scan. To our great delight, a generous signal from Larry's chest greeted us on the oscilloscope. At the same time, we had verified that Larry "had a heart" after all, something Mike had begun to question. The world's first human scan, after all these months, was finally underway.

If Larry had any thought of getting out of the scanner at this point, having fulfilled his plan to "get a signal," Mike and I hastened to preempt such a move by quickly advancing him to the next scanning location to proceed with the scan.

Within a few minutes, the sweet spot was moved into Larry's lung field, a gas-filled region lacking water and therefore a region where the hydrogen NMR signal should be absent. It was! The scan was working. The "sweet spot" was successfully focusing within Larry's chest.

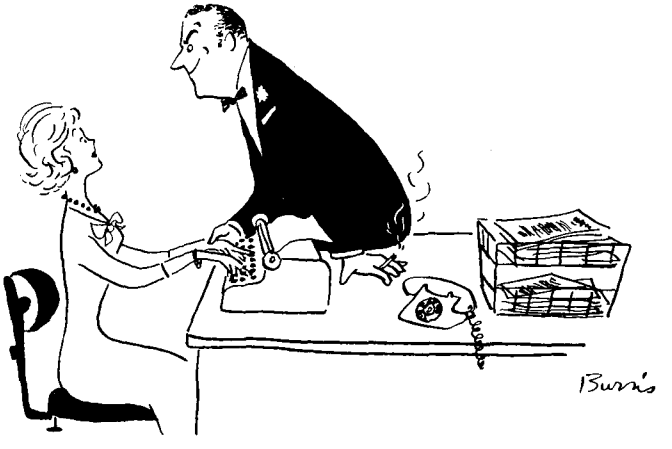
We continued to scan, moving inchwise along one scanning line until the line was completed and then moving the scanning rail backwards one inch to begin a new scanning line. We proceeded in this fashion until 4:45 a.m., July 3, 1977, by which time 106 scanning points, arranged in a rectangular grid, had been collected.

Mike and I drew a sketch of this first scan in his book, marked the image with some jubilant exclamatory about achieving the world's first human scan, and saved the data for Joel Stutman, our computer scientist, to computer-interpolate the raw data and to form, in color, the first human image.

The success of the first scan, Mink 5 as we called it, was followed immediately by scans using the same "sweet spot" technique on two patients with malignancies of the chest, and also by a scan of Larry's normal abdomen.

Going ahead of my story for a moment . . . 12 years later, in 1989, I listened in disbelief as my achievements were recounted at the induction ceremony for the National Inventors Hall of Fame in Washington, D.C., humbled by the fact that I was deemed worthy of inclusion in the Hall of Fame alongside the legendary heroes of my boyhood—Thomas Edison, Alexander Bell, Samuel Morse, Eli Whitney, Marconi, and others whose contributions created the basis of the Industrial Revolution, from which America has prospered ever since. The year before, 1988, President Reagan awarded me the National Medal of Technology for inventing the MRI and creating for America a new industry.

News of the successful scans soon brought investors eager to sponsor the manufacturing of these scanners. So in 1978, armed with our patent, we started the world's first company to make MRI machines—FONAR



The Perfect Squelch

The office Romeo, although old enough to know better, still regarded himself as irresistible to females half his age. He perched on the desk of an exceptionally attractive and busy young secretary and "entertained" her with a long line of chatter about himself. Finally, he led up to his objective—taking her out that night.

"Here you are without a man, and the years are going by," he declaimed. "You'd better hurry up, dear. Most of us good men are already taken, you know."

"Oh," said the girl with an innocent smile, "not in my generation."

—*L. Drake*

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Corporation. Donna, my wife, braced herself for a new round of risk and instability. This gentle lady, the true heroine of MR scanning and without whom there might genuinely be no MRI today, had already kept the home fires burning for ten years and comforted our three children—Timothy, Evan, and Keira—in their all-too-frequent disappointments occasioned by Daddy's delays at the lab.

We sold stock to investors and started trading publicly under the symbol FONR. By 1980, our little FONAR company had introduced the world's first commercial MRI scanner. A new industry was born, an industry that should have inured the American people, but didn't. By 1982, the Big Companies decided they wanted in. Undeterred by FONAR's basic patent, Johnson & Johnson, GE, Siemens, Philips, and more recently, Hitachi, Toshiba, and Shimadzu all introduced MRI products—all companies that weren't there for the first ten years of hard work and toil that created the scanner and got it to work.

The stresses on our little company began in earnest. FONAR suddenly found itself competing with six $60 billion companies, each of which had marketing budgets that were five times the budget of our entire company. We believed, though, that by applying the same diligence at invention that created the scanner, we would prevail against the giants even if we were small. We'd simply out-invent them!

Over the next few years, we generated more than 80 percent of all the innovations in the industry, racking up a portfolio of an additional 20 patents.

It didn't work. Each time we put a new innovation on our scanners, they copied it and had it on theirs in the better part of a year, thereby destroying our selling advantage. In the interim, their salesmen delayed our sales by saying their physicists had determined our new feature could not possibly work (not work, that is, until it was on their machines). FONAR innovations—oblique imaging, multiangle oblique imaging, permanent magnets, iron-core electromagnets, and the first MRI machine on wheels—all met the same fate.

At last I was beginning to confront the reality that an inventor with a new product in an arena populated by giant predators has only one prospect for

continued on page 101

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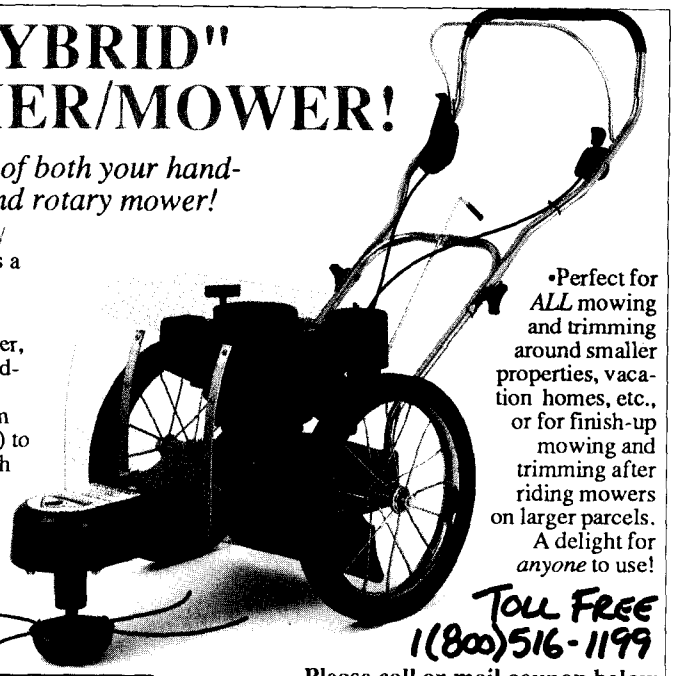

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MEDICAL MAILBOX

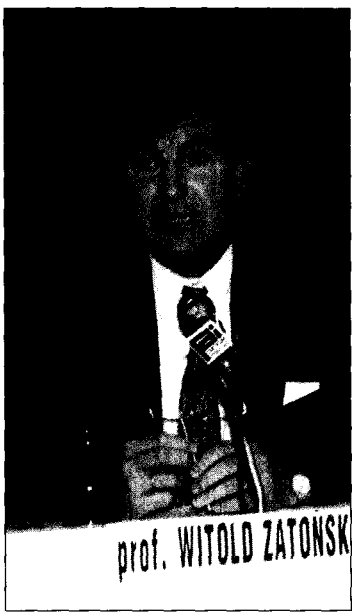
by Cory SerVaas M.D.

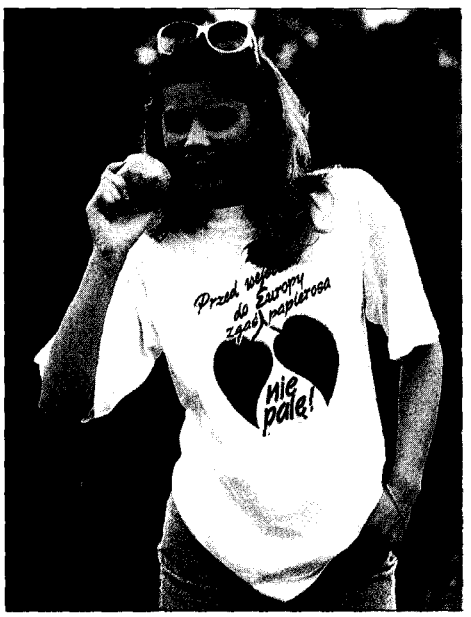
"It is a most gratifying sign of the rapid progress of our time that our best textbooks become antiquated so quickly."—*Theodor Billroth*

Nie Pale in Poland!

Americans visiting Poland these days may notice youths wearing T-shirts with the words *nie pale!* printed across the front. That's Polish for "I don't smoke!" The T-shirts also have a message for foreign visitors: *Before you enter Europe, quit smoking.* The slogans are part of a nationwide effort to counteract sophisticated advertising campaigns by American tobacco companies seeking to cash in on Poland's estimated 10 million smokers.

Dr. Witold Zatonski, a professor of epidemiology at The Maria Sklodowska-Curie Memorial Cancer Center and Institute of Oncology in Warsaw, Poland, said American tobacco companies are selling high tar and nicotine cigarettes in Poland and are failing to provide health warnings that cigarette manufacturers in Poland are required by law to use. Sometimes the warnings come in English, but most Polish people don't know English. Dr. Zatonski and others are working to curb tobacco use in Poland, where an estimated 40 percent of male deaths between ages 40 and 65 are smoking-related.





Professor Witold Zatonski, a well-known European oncologist, came to the U.S., including Indianapolis, to seek support for keeping U.S. manufacturers from promoting their cigarettes without health warnings to the Poles. His Polish poster girl advises, "Before you enter Europe, quit smoking. I don't smoke."

"Smoking is nowadays the biggest health problem in my country," Dr. Zatonski said. He noted that lung cancer is the most common cancer in Polish men, with some 20,000 new cases reported each year. Smoking is now increasing among young Polish women as well, accounting, he believes, for the high number of low-birth-weight babies in that country. "We think we could reduce infant mortality 10-15 percent by persuading women not to smoke during pregnancy," he said. Another smoking-related disease, breast cancer, is also on the rise in Poland, Dr. Zatonski added.

"I'm afraid you'll have to stop taking things with a grain of salt."

Preventing Folate-Deficiency Birth Defects in China

If all prospective mothers in the world could take folic acid supplements, hundreds of thousands of neural tube birth defects could be prevented yearly. In China, health officials are hoping to do just that.

In the 1980s, scientists learned between 80,000 and 100,000 babies are born each year in China with a neural tube defect. This accounts for nearly one third of all known cases in the world. In some villages, one out of every 100 births is a *wu naor* (no brain) baby. Many are also born with spina bifida (open spine), another neural tube defect.

The primary source of the problem is lack of folic acid in the winter diet of Chinese women, especially in the rural population. Following a 5,000-year-old tradition, Chinese couples often marry in the winter. Fresh fruits and vegetables, the primary food sources for folic acid, are scarce. With many conceptions occurring shortly after marriage, these women often lack the folic acid needed for normal development of their babies.

Studies have shown that a daily supplement of 0.4 milli-

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grams of the B vitamin can reduce birth defects of the brain and spine by as much as 75 percent. Last October, China's Ministry of Health launched a public awareness campaign to alert women of childbearing age to the importance of adding folic acid supplements to their diet. With financial help from the United States Centers for Disease Control and Prevention, China is distributing folic acid tablets to women in four provinces where the incidence of neural tube defects is the highest in the world. Millions of folic acid pills will be distributed over the next several years to try to prevent these devastating birth defects in China.

If the Chinese are giving their women folate, can we be far behind?

Chronic Fatigue Syndrome

Dear Dr. SerVaas:

I have a relative who is suffering quite a long time with chronic fatigue syndrome, or Epstein-Barr disease. Could you please tell me what causes this ailment, and what is the cure? Thank you very much for your help.

Edna Schneider
Philadelphia, Pennsylvania

Dear Dr. SerVaas:

For the past year, I've been suffering from chronic fatigue syndrome, as well as thyroiditis, candidiasis, and bacterial infections. I was "bit by a flu bug" in November 1992 and never recovered. I've tried numerous treatments from the medical community, as well as reputable nutritionists. Unfortunately, I have failed to respond. My immune system appears to be very confused at this point. I remain positive that there is relief from this condition. Any advice?

Deb Griesemer
Fleetwood, Pennsylvania

We forwarded both of your letters to William G. Crook, M.D., of Jackson, Tennessee, because of his special interest in chronic fatigue syndrome. His response follows:

"During the mid '80s, reports came in from all over the country about people who were troubled by chronic fatigue, muscle aches, memory loss, and other symptoms. Sometimes, the illness came on suddenly, following an attack of flu or other viral illness. Initially, the physicians felt that this illness was caused by the Epstein-Barr virus—the same germ that causes infectious mononucleosis.

"Yet, laboratory studies failed to confirm this relationship. In March 1988, infectious disease specialists from the Centers for Disease Control in Atlanta coined a new name, *chronic fatigue syndrome*. They said, 'Because this syndrome has no diagnostic test, the definition at the present is based on signs and symptoms only.'

"Four years later, the National Institutes of Health issued a publication entitled 'Chronic Fatigue Syndrome—A Pamphlet for Physicians,' and they said, 'Most investigators studying CFS believe that the syndrome has many possible causes.'

"In discussing treatment, they said, 'The patient needs both symptomatic treatment and emotional support—no strict recipe for treating CFS exists, and sometimes several different treatment approaches may have to be tried before the patient reports benefit.'

"Overcoming chronic fatigue syndrome, thyroiditis, candidiasis, and bacterial infections isn't easy. And there are no 'quick fixes.' Yet, in my experience, many patients with CFS and these interrelated health problems can be helped by a simple, yet comprehensive treatment program which includes:

- A diversified, nutritious diet that features vegetables and avoids sugar and foods loaded with fats and additives.
- The identification and avoidance of foods that cause sensitivity reactions.
- Prescription and nonprescription medications to control the common yeast *Candida albicans* in the digestive tract.

Here's the rationale. A recent study carried out at St. Jude Children's Research Hospital in Memphis showed that mice with weakened immune systems showed a 200 times greater growth of candida in the intestinal tract than a control group. Oral anti-candida medications—including nystatin, an extremely safe and well-tolerated drug—have been available for more than 30 years. In addition, a relatively new, highly effective medication, fluconazole (Diflucan, manufactured by Pfizer/Roerig), is now available. A trial of this medication (one pill a day for two to four weeks) followed by nystatin has provided help for many people with CFS.

- Avoidance of environmental pollutants in your home and workplace.
- Lifestyle changes, including fresh air and rest.
- Nutritional supplements, including magnesium and essential fatty acids.
- Psychological support.

"To cope with this situation, the International Health Foundation has put together a packet for people who write and call. It provides information about nystatin, Diflucan and other anti-candida remedies, and several scientific ar-

"Your husband is improving, but he's not out of the woods yet."

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ticles. It also includes a ten-page treatment protocol and other information."

If you are interested in this material to share with your physician, contact the International Health Foundation, 1179 Ballantrae Lane, McLean, VA 22101.

Good News about Bladder Cancer

Dear Dr. SerVaas:

I am interested in medical articles on bladder cancer. I notice very little printed on this subject, more about prostate cancer. Since bladder cancer is rising, how about printing more on this subject?

My husband has had two surgeries since last July for bladder cancer and will need to have more as it recurs.

Please take this subject into consideration. We need to learn more about it.

A subscriber
Mattoon, Illinois

As you mention, bladder cancer has a very high recurrence rate, requiring patients to go back to their doctors three or four times a year for tests that are expensive and painful. You will be most interested to learn about a company called Matritech in Cambridge, Massachusetts. This company is currently testing a method to detect bladder cancer *in a urine test!* The test looks for a specific substance called a nuclear matrix protein. If the protein is detected, there is bladder cancer; if the protein is not found, there is no bladder cancer.

Dave Corbet, president of Matritech, says that never before has there been such a certain yes or no answer to th question of cancer. A 1,000-patient study is currently bein conducted, with 750 patients already enrolled. He states, "I is our intention to submit [the results] to the FDA befor the end of the first half of this year. By the end of June we intend to submit that for approval into the FDA."

Corbet further explains, "The claim we are pursuing is once a patient comes back to the urologist, rather than im mediately doing the $200-$300 cystoscopy, do our $20-$3(urine test. If that's positive, go on to confirm the result witl cystoscopy; if it's negative, then send the patient home an see him in another three to four months."

Although this test will first be used for monitoring blad der cancer victims, it also has the potential to become valuable screening tool for early detection of the disease Research is continuing at Matritech on blood tests to detec other proteins found only in breast, prostate, or colon can cer. They are hoping to get one of these into clinical trial by the end of this year.

Another breakthrough in the treatment of bladder cance is the Indiana Pouch. After removal of a cancerous bladde this pouch serves as a new bladder. It is made out of th patient's colon. Look for an article in an upcoming issue o the *Post.*

Gastroesophageal Reflux Problem

Dear Dr. SerVaas:

Thank you so much for publishing my letter (Sept. Oct. '93 issue) about my relative's gastroesophageal re flux problem.

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As a result, I received a call from an anonymous gen-eman from New York who suggested a treatment for elief of food allergy attacks suffered by my family mem-er. The attacks have been infrequent, but come on sud-enly during a meal. They consist of painful spasms in ıe chest area, difficulty in swallowing, and hiccupping. 'he symptoms usually take about 15 minutes to disap-ear and require relief by forced vomiting.

My relative has since tried the remedy suggested by ıe caller. After the onset of such an attack, he took a ımall amount of salt on a teaspoon. After managing to wallow the salt, he experienced immediate relief of all ymptoms!

So far, this remedy has worked three out of three mes, and my relative is very grateful to the caller.

Thanks also to you, Dr. SerVaas, for referring my let-er to Indiana allergist Dr. Douglas Horton and to Indi-na gastroenterologist Dr. Tom Nowalk. And thank you) South Bend, Indiana, reader June Mikel Elliott for er advice that a possible way to alleviate my relative's ttacks is to avoid foods containing monosodium gluta-ıate (MSG).

Jacqueline Schiff
Moline, Illinois

Losing Your Shirt Not Such a Bad Idea

)ear Dr. SerVaas:

If I had gone to the doctor with my symptoms that I nly occasionally had, he probably would have sent me) a specialist.

Sometimes, when in a large store or in a well-populated place, I would get a lightheaded, almost panic-type feeling.

I would cup my nose and breathe into my hands with deep breath till the feeling passed. I accidentally found that if I wear this one shirt, I will get this feeling every time. I stopped wearing dacron or polyester. I am 73 and work in a warehouse, part time, and I feel better than at age 40. I do not smoke or use medication, but I have a great sense of humor. I suspect dacron inhibits air to the pores.

Name and hometown withheld

We're publishing your letter because we believe there is wisdom in what you say. We have often wondered if some hyperactive kids have "angst" for no other reason than the polyester and dacron clothing they wear.

In the medical literature is a bizarre death of a young woman whose entire body was covered with paint for a costume party. I remember in my youth designing a gown of a plastic-type material covered with lace. My reaction was worse than your shortness of breath. I had to leave the party and unzip the dress in haste.

The skin is a working organ of the body. Skin needs to breathe, and you are right: dacron keeps oxygen from reaching the skin.

Addressing Women's Health

Do women's health issues differ much from men's? Aside from obvious reproductive differences, aren't men and women pretty much alike? In the past decade, researchers

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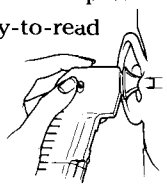
Until now, parents never had much choice. And kids had even less.

If there was a temperature to be taken, a rectal thermometer was the way to take it. An uncomfortable, messy, risky way. But the only accurate way.

Until we introduced the Thermoscan Instant Thermometer. It takes an accurate temperature at the ear. The same way many doctors offices and hospitals do, millions of times each year.

Just position it in the ear and press a button. You'll get an easy-to-read temperature in one second. With no struggle. No fear of injury. And no unhappy kid.



Want to know where to get one? Call us, toll-free. 1-800-EAR-TEMP, ext. 23.

THERMOSCAN INSTANT THERMOMETER

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have discovered significant differences between men and women in the development and treatment of heart disease, high blood pressure, and many other ailments. Some physicians even propose creating a medical specialty to address the physical and emotional well-being of women.

One such researcher is Dr. Karen Johnson, clinical professor at the University of California Medical School, author, and cofounder of the Women's Health Project in San Francisco. Dr. Johnson advocates the initiation of a healthcare specialty focusing on the whole woman within the context of her life. Based on her personal experiences as a woman, a medical student, physician, and researcher, Dr. Johnson believes it is her mission to improve healthcare for women.

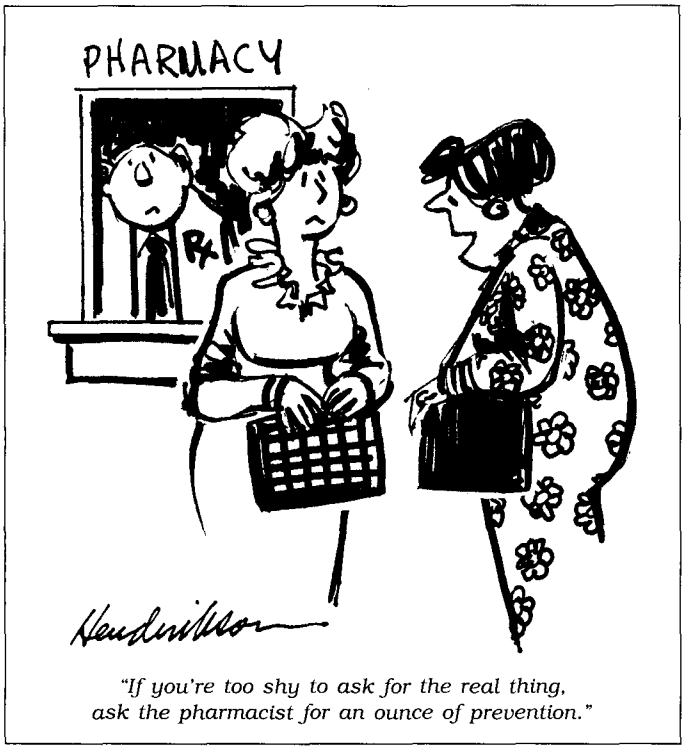
"Even though the most obvious difference between men and women is the fact that we (women) can have children and men can't," Dr. Johnson explains, "there are many microscopic differences that are very critical in terms of healthcare. Our life experiences are so different from men's. And yet, we do not have a branch of medicine where any physician is trained to learn about and understand comprehensive women's healthcare."

Dr. Johnson wants to establish a specialty devoted to women's health that would be similar to the 85 other specialities in medicine.

"What we want to do is establish a site where people coming out of medical school can devote themselves exclusively to the comprehensive study and care of women," Dr. Johnson says. "Just like right now, somebody graduating from medical school can decide that they're going to be a pediatrician, then can spend their whole career devoted to the care of children. We want to do the same thing for women."

The California psychiatrist believes physiological and psychological differences between men and women are vast.

"It doesn't matter whether you're looking at orthopedics, urology, heart disease, kidney disease, or gastrointestinal disease. When you start looking at women, the healthcare of women in those areas is different," she stresses.



"If you're too shy to ask for the real thing, ask the pharmacist for an ounce of prevention."

"For example, there are 35 million people in the U.S. who develop hypertension. It's the most common reason for a physician to write a prescription. Almost all the research on high blood pressure has been done on men, and from that research a guideline was developed. Everyone knows this number—120 over 80. If that bottom number gets much higher than 90 on a consistent basis, the recommendation is that you go on some kind of medication. In 1991, a group of physicians looked at the research that this recommendation was based on, and what they found out was, in fact, this is a very good recommendation for white men. It's also a very good recommendation for African-American women. It turns out it may not be a very good recommendation for white women. It may, in fact, be dangerous for white women to be treated at that level.

Dr. Karen Johnson of the University o California is shown the latest heart shaped folate tablets, embossed with B SAFE. She visited the *Post* studio to tel our TV audience of her mission to cre ate a medical specialty for women.

"When you look at the gastrointestinal tract, the consumption of alcohol is a good example. In women, we're learning that women may metabolize alcohol differently than men. Women can develop a problem with alcohol twice as quickly as a man."

Dr. Johnson argues that many treatments of disease are based on models of medicine, developed primarily from research on men. Women's problems are different; therefore, treatment models should be adjusted accordingly.

"What women really need are a group of physicians who are trained to supply women with substantive and reliable information about their entire personhood," Dr. Johnson believes. "So they can make informed decisions about healthcare. We don't have anybody like that right now."

We have been told that women don't do as well as men in cardiac bypass surgery because their vessels are smaller. Recent research substantiates Dr. Johnson's findings.

We didn't let Karen leave our kitchen without some folate tablets. This vitamin B supplement should be taken by all women with childbearing potential to help prevent birth defects of the brain and spine. Not even a well-balanced diet can provide enough folate for all women.

Possible Causes of Alzheimer's

Dear Dr. SerVaas:

I am dedicated to reading your medical articles, and I recall reading several years ago the result of a study made on the possibility of a person eventually having Alzheimer's disease if they had had electric shock treatments.

I had a series of 16 treatments during late 1955, early 1956—the last treatment being a disaster. The sodium pentathol had a reaction, and my head felt like a balloon being blown up and waiting for the pop—then I mercifully passed out. I said NO MORE.

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I have lost part of my memory, but not like those I ead about.

I am now almost 71—and I know everyone experinces some short-term memory loss, but of late, I am oticing more and more of this and, frankly, am conerned. I would appreciate an update or some answer n this. When I read of how long ECT has been in efect, I realized it was more or less in its infancy when I ad the treatments, but at that time, it was routine, as ranquilizers were not in evidence like they are now. I as treated for depression.

One more question: My mother had Alzheimer's, and ot too long before she slipped into this condition, she ave me some of her clothing. There was a very odd mell in the clothing—like nothing I have ever encountered before. Then, when I had a terrible emotional reakdown in the early '70s, I developed for awhile this ame very strange odor. My daughter verified this. I onder what connection, if any, this might have to the otential of Alzheimer's.

Martha Benson
Birmingham, Alabama

We aren't familiar with any research on whether electroonvulsive therapy (ECT) recipients are at any greater risk or developing Alzheimer's disease.

We did a survey in the Jan./Feb. '83 issue on electrohock therapy. Because Mrs. Benson wants to know more n this subject, we ask our readers to let us know if they or heir relatives answered the 1983 questionnaire. We'd like, specifically, to know if anyone who received ECT later developed Alzheimer's disease.

Onion Intolerance

Dear Dr. SerVaas:

For about two years now, anytime I eat a product containing onion, I have bad stomach pain and diarrhea.

As I know onions do have health benefits, and I always ate them in food, I'm wondering if there is a way to cope with reintroducing them to my diet.

It is easy enough to avoid items I know contain onion, but when I'm at someone's home and the entrée contains it, and I wasn't previously alerted to that fact, it is very annoying and embarrassing to be excusing myself to the ladies' room ten minutes after consumption.

I have heard of "crazy" things to try, such as eating toast beforehand, and I know all that will do is absorb excess stomach acid. Any suggestions would be sincerely appreciated.

Phyllis A. Dizenzo
West Haven, Connecticut

Jacquelynn O'Palka, Ph.D., R.D., food technologist in the Department of Nutrition & Dietetics at Indiana University Medical Center, says the sulfur compounds in the onions are causing the digestive problems. When raw onions are put into foods like meat loaf, the sulfur compounds dissolve into the fat within the item being baked, remain active, and cause gastrointestinal discomfort. Precooking the onions before including them in a recipe item, or using rehydrated

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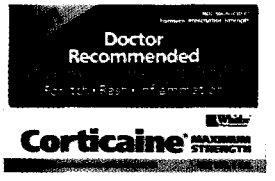

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dried onions, will destroy the sulfur compounds and prevent the problems. You may want to discontinue the use of onions altogether if these techniques do not relieve the symptoms.

This advice may allow you to enjoy onions in your own cooking, but it doesn't solve the problem of eating foods that someone else has prepared. We would like to note that bismuth subgallate may dissipate the sulfur odor of halitosis (bad breath) by combining with sulfur. Because it is most likely the sulfur compounds in onion that cause digestive problems, it is possible that bismuth subgallate also works as a digestive aid for people such as yourself who suffer an onion intolerance. Such an aid might come to the rescue after one unwittingly eats onions. Bismuth subgallate is currently available as a chewable tablet indicated as an aid to reduce odor from colostomies or ileostomies. This possibility needs to be researched and tested.

Bedsores Can Be Serious Business

The best treatment for a decubitus, or pressure ulcer (commonly referred to as a bedsore), is not to get one to begin with. These words were driven home recently when a noncompliant patient in her 90s discovered she had two holes in her buttocks. We shall call her Mary. Her caretaker reported to the doctor that Mary, who broke her hip, developed a decubitus ulcer while getting the hip repaired.

Decubitus ulcers have been described as similar to the tip of an iceberg. These sores can affect not only the top layers of skin, but also the muscle and bone underneath. It may appear to be a small problem at skin level, but you don't know how deep it goes.

Decubitus ulcers result from pressure on the skin of a bedridden or immobilized person. The pressure causes a decrease of blood circulation to the area. This lack of circulation, if uncorrected, can progress to the death of the skin cells and tissue under it.

A decubitus ulcer may result from poor nursing care, but in rare occasions with noncompliance, it cannot be avoided. Mary was under the care of one of the best orthopedic surgeons in one of the best hospitals in a large teaching hospital in New York City, but she refused to be turned regularly. She was feisty and had a way of shouting "no" that discouraged even the most determined nurse who tried to turn her every two or three hours.

At home, Mary reported two holes in her sacrum into which she could thrust her finger—deep holes. So back to the hospital Mary went for a major surgical procedure.

Mary ended up with a general anesthetic and some surgery to remove all the necrotic tissue. This necessitated a large skin graft and a wound about the size and shape of a football across her sacrum.

The prevention and care of decubitus ulcers is important for senior citizens who become bedfast, even for a short time. Pressure severe enough to impair blood circulation can occur within hours in an immobilized person. Be sure to change positions frequently and check the skin daily for signs of redness. The "tailbone" area, hips, ankle bones, and heels are especially susceptible. Other areas may be involved, depending on the person's position.

On finding a reddened area, press it for a few seconds. If the area turns white and quickly turns red again, there should be no problem. If it does not turn white first but remains red, a doctor should be notified immediately. An air or water mattress is sometimes helpful. Decubitus ulcers should never be massaged directly, because this can further harm the damaged tissue. Massaging around the area will temporarily increase circulation to the ulcer and can speed the healing process. Prevention is far better than the cure.

Decubitus ulcers are sneaky. It is important to take them seriously. They can go right to the bone beneath.

Treatment for Male "Hot Flashes"

Dear Dr. SerVaas:

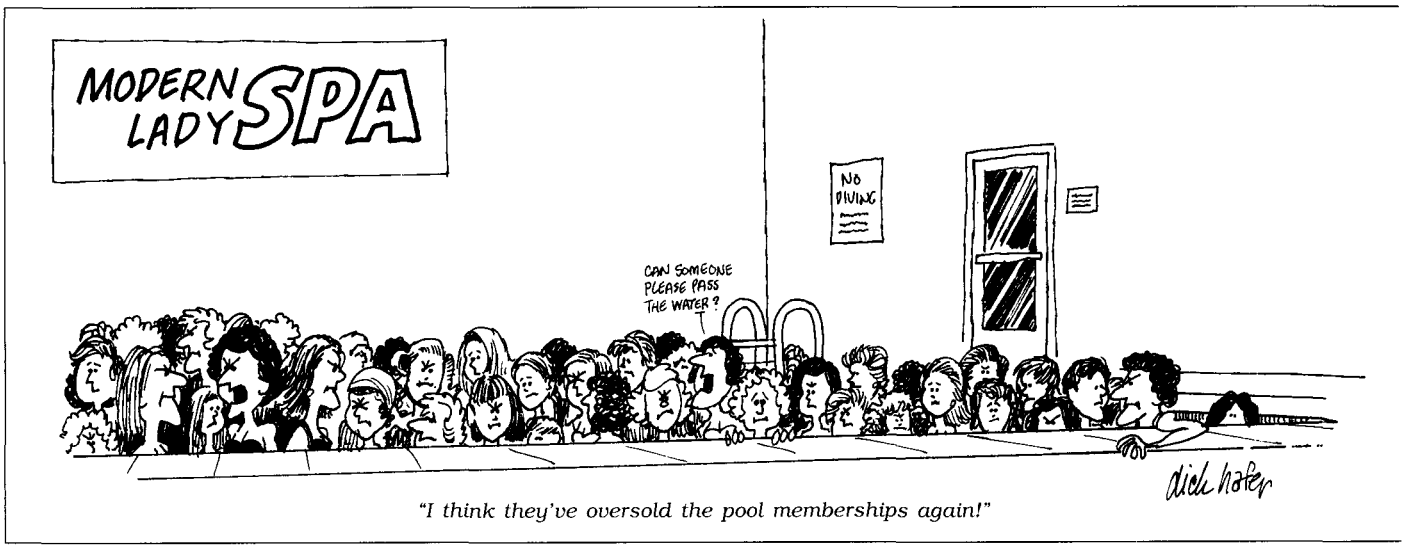
In your Sept./Oct. '93 issue, you published my letter.

I requested information on prostate problems, especially what treatment was available for male hot flashes.

One of your subscribers contacted me on this problem, which was similar to his condition. This person was taking Megastrol and received relief within three weeks.

My experience was the same with little or no side effects. Many thanks for publishing my letter.

G. E. Dunn
Georgetown, California



"I think they've oversold the pool memberships again!"

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The Story of MRI

ontinued from page 93

urvival—his patent. If this fails, he as NO options.

Perhaps the most devastating, though, /as the sales pitch of the Big Compa-ies. It was so quaint. To each of our rospects, they would say, "You're not oing to buy a $1.5 million product ·om that little company, are you? They /on't be here in five years."

Here's when we learned Command-ient I of the Marketplace: "A little ellow shalt not invent a BIG product."

Confident, though, that the U.S. atent system would come to the res-ue in this lopsided struggle, we filed uit in 1982 against the first infringer, ohnson & Johnson.

After a seven-week trial in 1985, we /ere jubilant. A Boston jury had ound our patent to be valid and in-·inged. WE WON!

But our happiness was short-lived. 'he judge who had presided over the ase didn't like the jury's decision. So ix weeks later, he voided the jury's ver-ict and substituted his own. WE LOST!

Despite this unhappy outcome and the fact that little FONAR had spent $2.2 million in legal fees it couldn't afford without a favorable result, FONAR didn't pack it in. Determined, like the little engine that could, that it was not going to sell America out to the Japanese as its competitors had, or worse yet, sell out on America's future hope for this technology, FONAR pressed on.

FONAR didn't want to sell out on America's inventors either, particularly the aspiring young inventors of tomorrow. We knew America needs them badly, and we knew they needed this victory as much as we did. They would certainly benefit from a win this size. More importantly, we recognized it was the American people who needed the win the most.

Despite the absence of the expected help from our patents, we kept on going, selling approximately 140 of the $1.5 million scanners worldwide, totaling approximately $200 million in sales over four years. And we installed them all across the world, too: from Japan to China, to Australia, to India, in every country in Europe, and all across the United States and Mexico, a minor miracle considering the lopsided advantage of the competition. And little FONAR made a healthy contribution to America's balance of trade, too.

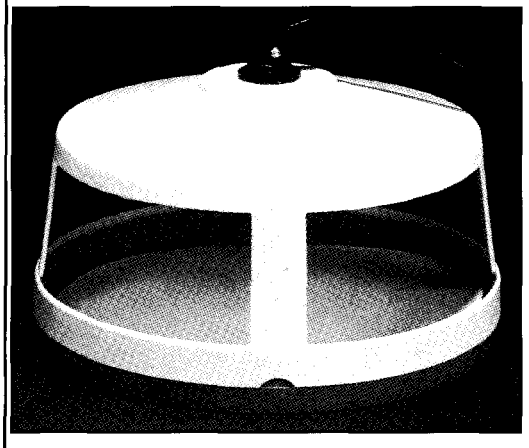
Today, out of seven MRI manufacturers with substantial installations, only two remain that are American. They are FONAR and General Electric. Of GE's two products, one was developed for them by the Japanese and is manufactured entirely in Japan.

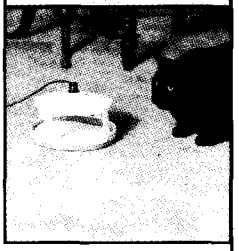
FONAR's MRI scanner is one of three American scanners left out of a field of 21 marketed models from an invention that was entirely American to begin with. Had FONAR's pioneering patent been upheld by the courts, it would have been different for America.

Additionally, scan prices to the public have remained unreasonably high (approximately $1,000 per MRI scan) because the patent-holding company was not allowed to prosper by patent enforcement to the extent that expanded sales volume could engender lower scanner prices and lower scan fees.

I never expected the MR scan to be so expensive. You perhaps can imagine my distress, as the originator of

WIPES OUT FLEAS 24 HOURS A DAY





TheTERMINATOR™ FLEA TRAP

- SAFE AND CLEAN . . . Better than sprays, powders, room foggers.
- COSTS JUST PENNIES A DAY . . . Avoid costly vet bills, cleaning bills, medicines.
- A MUST FOR DOGS AND CATS WHO PLAY OUTDOORS . . . Protect Their Health, Even Without A Flea Collar.

If you've ever had a flea problem, you know the agony involved. To watch your pet itch and scratch ... it's awful. Once these pests are in your home, they can torment you and your kids, too. Now you're faced with discomfort *and worry.* Fleas have been known to carry tapeworm eggs and disease. But until now it has been very, very difficult to get rid of them, as they become so entrenched in dog beds and carpets. A female flea can lay as many as 70 eggs at one time – and powders and sprays do not kill the eggs.

AT LAST ... POWER TO FIGHT AND WIN

You'd give almost anything to be rid of the fleas. But really, who wants to use a powerful room fogger several times, or spray chemicals on a carpet where your kids like to play. And poor Fluffy or Rover ... It's no fun subjecting them to powders, shampoos, and sprays that contain strong chemicals.

Now ... Relief at last. The **Terminator Flea Trap** does a great job, 24 hours a day... with no effort on your part, no mess, no air pollution. It's 'floor mat' is a sticky, non-toxic scented disc. A tiny 4-watt light bulb gently warms the disc and activates the fragrance. You won't notice a scent, but the fleas will. A flea jumps as much as 13 inches in a single leap –They will be eager to leap off your pet or carpet, and into the flea trap. Humans don't notice a scent, but fleas do –They simply can't resist.

SAVES WORK, TIME AND MONEY... HEALTHFUL FOR PETS, SAFE FOR THE ENVIRONMENT

The ***Terminator Flea Trap*** *is suitable for the home, garage, or barn. It plugs into any standard* outlet, and uses a bare minimum of electricity. Portable and lightweight, it is effective within a 15-ft. radius. The **Terminator Flea Trap** is completely non-toxic, even for 'senior citizen' animals and tiny puppies and kittens. (If your pet is already heavily infested, please consult a veterinarian.) A simple method that really works... For pet owners, this is very welcome news indeed. By preventing infestation, you can save literally hundreds of dollars... Avoid vet bills, fumigations, and *all sorts of bothersome methods that empty your pocketbook but don't do a very good job on* those fleas. The **Terminator Flea Trap** is compact, 7 1/2" in diameter and sturdily built. Three disposable discs are included, each lasting up to 3 months. *12-month manufacturer warranty.*

FLEA COLLARS: Are They Safe?
Many pet owners are becoming increasingly concerned about the long-term effects of chemicalized flea collars. The **Terminator Flea Trap** offers you an excellent alternative– a safe, non toxic method of flea control. Highly effective, but safe even for pregnant or nursing dogs and cats.

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MR, to see it turn into a $1,000-plus scan. It meant that most people wouldn't be able to benefit from my invention because it cost too much. It meant my invention had added to the cost of medical care instead of lightening the burden through early diagnosis, as I hoped it would.

We are now, however, developing new products to dramatically reduce the cost so the public can have MRI at less expense. We have a product that, instead of selling for $1.5 million, will be selling for $650,000. It's a fairly dramatic product, because unlike the torpedo-tube MRI machines, which patients must go through with their arms nearly pinned to their sides, ours lets you stretch out your arms, and for many larger patients, it's the only one in which they could fit. The vertical space available to the patient in the new scanner has been increased by nearly 50 percent, almost eliminating patient claustrophobia. Medical teams can approach a patient and do surgery while the patient is in the MRI machine, using the MRI pictures to guide their procedures.

Another useful feature is that the scanner can be equipped with four beds, which in a screening procedure like breast mammography will allow us to see a patient every five minutes and do 12 patients in an hour, getting the scan price down from $1,000 to $80.

There is no doubt that MRI is far superior to x-ray for mammography. Dr. Stephen Harnes at the University of Texas in Dallas did a study in which he asked radiologists to diagnose 75 women using x-ray and MRI. The radiologists did not know that the women were already known breast cancer patients. Using the x-ray mammography, they diagnosed 21 of the 75 patients as negative for breast cancer. In other words, they misdiagnosed 21 of them. When they diagnosed using MRI, they missed only three!

There's a major need for this kind of product for mammography. There are 70 million women who need it, but if you have to charge $1,000, that's not going to fly. I think we're the only company that's really interested in getting the price down.

There is a curious thing that has gone on in MRI. All the other manufacturers of MRI machines also make other medical equipment, and by maintaining the high price of MRI, they have guarded against its becoming a substitute for the various diagnostic modalities they sell. It's obvious in my mind that MRI is eventually going to replace all the x-ray technologies such as mammography and angiography.

The problem is going to be that big companies, like GE, which is selling $1.5 billion a year in x-ray equipment, don't want that x-ray product line to go away. They've kept the MRI machine up in the high price category so it can never be an effective competitor for x-ray. With our new scanner, we hope to change that. ★

America's Forgotten Asset

continued from page 59

profits were not legally obtained.

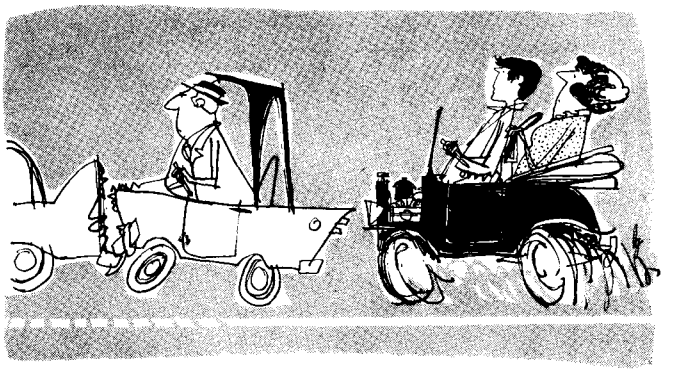
The court is more comfortable as sessing a damage ("forced royalty' against the infringer than upholdin the temporary monopoly Congress ir tended by the patent to benefit th American people. By awarding a roy alty, the court, in effect, grants the ir ventor a consolation prize, rewards th predator for his predation, and pre vents the American people from ob taining a new business and the ne employment it creates.

For example, worldwide sales of ir termittent windshield wipers by th automakers have been approximatel $1.9 billion annually since 1969, c approximately $43.7 billion total sinc they were first installed. Dr. Bo Kearns' total damage award as the ir ventor of these wipers after 25 yea of litigation has been $21 million t date, less than one thousandth of wha he and his new American windshield wiper business would have generate for America had he been granted th 17-year right to exclude that his pater provided.

From the infringer's point of view $43.7 billion in revenue for a $21 million invest ment is an excellent retur on investment by any stan dard and more tha enough incentive for hir to continue an aggressiv policy of infringement.

It goes without sayin that America's inventor will accept royalties as a alternative to getting noth ing, but that is not wha they want. They woul much prefer to use their in ventions to create ne business enterprises to ben efit their fellow American "*Give us back th patent*," America's inven tors would say, "*and we' give you back the Ameri can economy.*"

In the end, our court will have to summon th same courage the courts o earlier generations exhib ited when they upheld th limited monopolies of th inventors that forme AT&T, Kodak, Interna tional Harvester, Good year, IBM, and many oth ers for the benefit of th American people: the sam courage that they expec



You Be the Judge

by José Schorr

Teenage Sonny, driving Mamma to work in his own car, got into a pileup involving four cars ahead. Although he had ample warning, he failed to halt in time and banged into the fourth car. Mamma later sued the owners of all four vehicles.

"Sonny was under his mother's orders and control in driving his car," counsel for the other motorists argued. "Therefore, she cannot collect damages, as she must share the blame for his accident with him."

"Ridiculous!" Mamma snapped back through her lawyer. "My son was driving his own car. How could I, who don't even know how to drive, tell him how to run his car?"

If you were the judge, would you award damages to Mamma?

Mamma lost. The court stated, "Certainly, a mother controls the driving of her minor son even in his own car." It said that fact allowed "his negligence to be imputed to her."

Based upon a 1960 Georgia decision

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ur inventors to demonstrate when they ıitiate new inventions, overcome the owerful vested interests that inevitably :sist these inventions, and risk their ımily finances to strike out on their wn and establish new businesses.

In other realms, our courts have exibited great courage in upholding ongressional mandates such as they ave in the areas of civil and human ghts. Why should they be reticent in pholding Congress' mandate of the ght to exclude others from practicing atented inventions when these rights :e so vital to restoring prosperity to ur companies and to our nation?

With manufacturing as the central ɔrce in our economy, the patent and ıe limited monopoly it makes availɔle becomes the prime mover. If the ghts to form limited monopolies, and ɔt "forced royalties," are upheld as *ongress intended, our inventors will* ave the means to create new manuıcturing enterprises that will prosper ıe nation. If they are not, we will anish as a manufacturing economy ıd, ultimately, as a nation. ▲

eafood & Pasta

ɔntinued from page 18

ɔlden; stir in flour. Gradually add ams and parsley. Stir constantly over medium heat until sauce is thickened and smooth. Pour clam sauce over pasta and serve immediately.

Per serving (1½ cups):
Calories: 411 Carbohydrate: 64.4 gm
Cholesterol: 40 mg Protein: 29 gm
Sodium: 205 mg Fat: 4.1 gm
Diabetic exchange: 3½ bread + 1 vegetable + 2 lean meat

Italian Scallops and Pasta

(Makes 4 servings)

1 pound linguine, spaghetti or thin spaghetti, uncooked
3 cups low-salt crushed tomatoes in purée, or fresh tomatoes, chopped
12-16 oz. small scallops, quartered
½ teaspoon hot red pepper flakes
5 tablespoons chopped fresh parsley
1 teaspoon dried oregano
1 teaspoon dried basil
½ teaspoon pepper
¼ cup grated Parmesan cheese

Prepare pasta in unsalted water according to package directions. While pasta is cooking, simmer tomatoes in large saucepan. Simmer scallops in tomatoes 2 minutes. Add hot red pepper flakes, parsley, oregano, basil, and pepper. Continue heating 3-5 minutes.

Drain pasta when done. Toss pasta with sauce, top with Parmesan cheese, and serve immediately. ▲

Per serving (1¼-1¾ cups):
Calories: 583 Carbohydrate: 97.4 gm
Cholesterol: 42 mg Protein: 37.7 gm
Sodium: 336 mg Fat: 4.5 gm
Diabetic exchange: 5½ bread + 1½ vegetable + 2 lean meat

Where Do You Think You Are?

(answers from page 88)
(Theme: Cities with State Names)

Wyoming, DE
Arkansas City, KS
Virginia Gardens, FL
Washington, GA
2. Michigan City, IN
4. Iowa, LA
6. Kansas, IL
8. Missouri Valley, IA
9. California, MD

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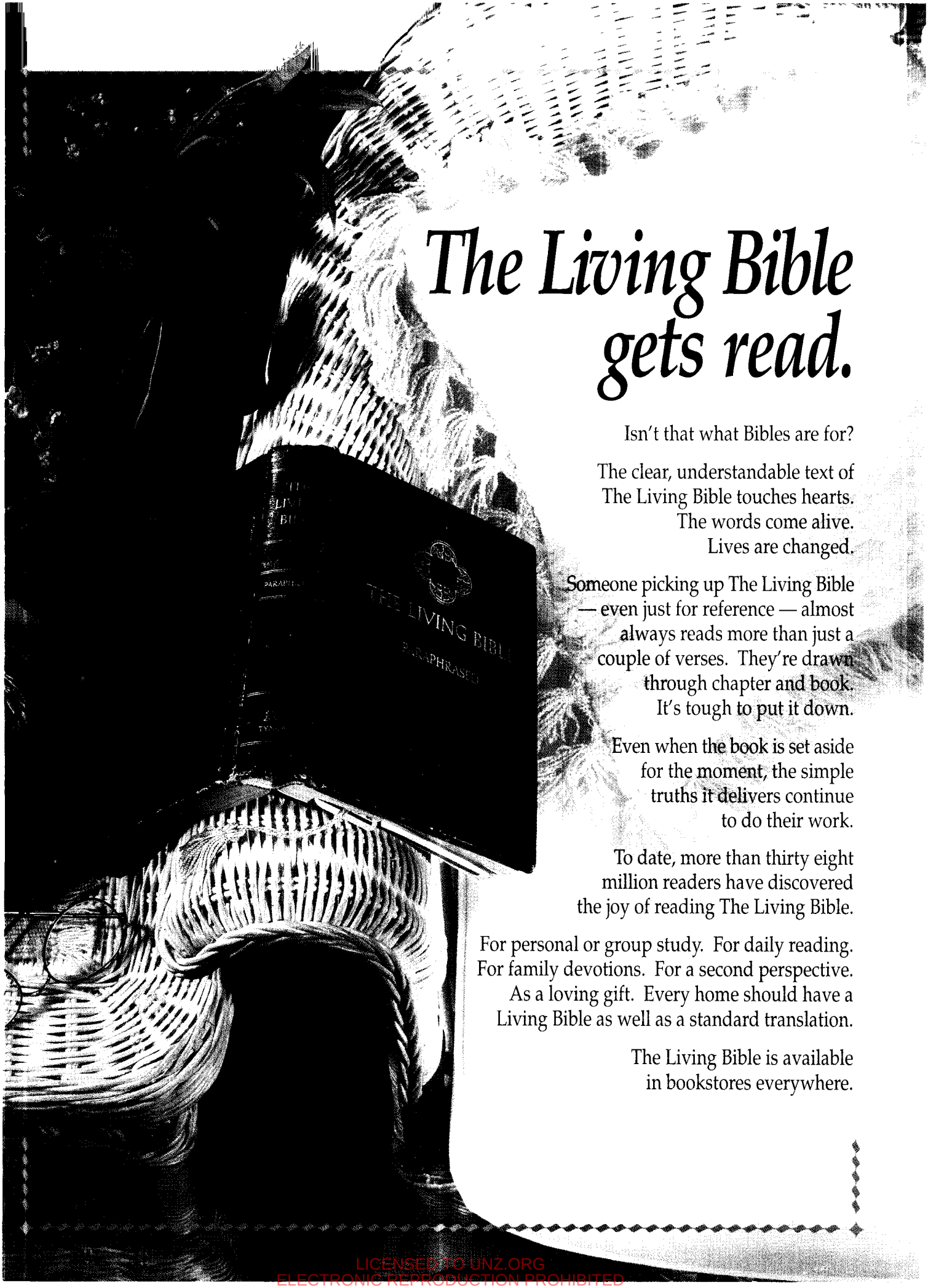

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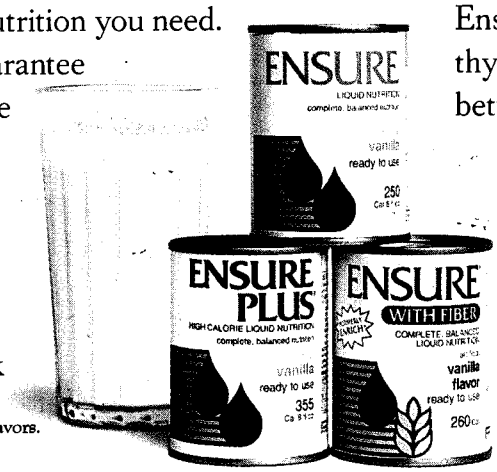

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